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pg 26

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Your Money

Finding the thrill of holiday thrift

pg 14

Flu assessment centres closing as turnout drops

H1N1 The Capital District Health Authority is closing its three H1N1 flu assessment centres.

In a release issued yesterday, the department said the three clinics — located in Dartmouth, Halifax and Windsor — have seen much lower attendance in the past week, and that people who need advice on the treatment of H1N1 should now consult their doctors or call 811.

The assessment centres in Dartmouth and Windsor closed last night. The Halifax centre will be open until 7:30 p.m. tomorrow. Vaccination clinics continue as usual.

METRO HALIFAX

News on the Maye

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the top of pg 3





Friendly fare for diabetics

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Mitchelmore sentenced to life



Heather Eisenhauer, facing front, hugs a family friend outside the courtroom at Nova Scotia Supreme Court yesterday after Michael Joseph Mitchelmore was sentenced to life in prison with no chance of parole for 13 years. Mitchelmore pleaded guilty last month to murdering Eisenhauer's son, Adam, and his friend, Tyler Sampson, in August 2005.

29-year-old says he's 'not a monster,' blames drugs in '05 killings

ALY THOMSON for Metro Halifax

Emotions ran high as family and friends of two murder victims watched Michael Joseph Mitchelmore be handed two life sentences yesterday with no eligibility of parole for 13 years.

Mitchelmore, 29, pleaded guilty last month to the killings of Adam Eisenhauer, 26, of Glen Haven, and Tyler Sampson, 25, of Boutiliers Point — whose bodies were discovered Aue.

15, 2005.

Twenty-five impact statements were filed for the sentencing hearing at Nova Scotia Supreme Court, with 11 read before the judge.

Cindy Sampson, Tyler's older sister, said her family hasn't celebrated a holiday since the murder.

"Do you know what I would give to eat one more meal with my brother?" she shouted.

Tyler's mother, Janice Sampson, used repetition to express her loss.

"You, Michael Mitchelmore, have ruined my life

Time served

 Michael Joseph Mitchelmore is eligible for parole in nine years (2018) because he has served four years in prison since being charged for the murders. Convictions for second-degree murder carry an automatic life sentence.

... you have spoiled my mornings ... you have violated my nights," she said.

Mitchelmore, who is from Glen Haven, then addressed the court.

"If it wasn't for the drugs I believe none of this would've ever happened ... I am not a monster, I am a man who made a mistake," he said solbling

he said sobbing.
Heather Eisenhauer,
Adam's mother, didn't
buy the apology outside of
court.

court.

But Tyler's mother said she cried the most during her daughters' and Mitchelmore's statements.

"I feel sorry for him, I couldn't help it ... I would have been the monster he was if my heart wasn't moved by that."

Grisly details revealed at sentencing

COURT Tyler Sampson was attempting to come to the aid of his injured friend Adam Eisenhauer when he was stabbed at least 30 times, a Halifax courtroom heard yesterday.

Details of the gruesome double murder of Eisenhauer, 26, and Sampson, 25, were revealed for the first time at a sentencing hearing for Michael Joseph Mitchelmore.

Crown attorney Darrell Martin said Mitchelmore had been at the Eisenhauer residence on Tanner Frederick Road the night of Aug. 13, and was extremely high on cocaine. He said Mitchelmore, who lives nearby on St. Margaret's Bay Road, left the house but then called Eisenhauer and said he was coming back to trade marijuana for cocaine. Evidence suggests Eisenhauer was killed in his bedroom. and was stabbed three times in the heart, neck and abdomen, said Martin.

Blood splatter on the stairwell, kitchen walls and lawn suggested Sampson heard what was happening downstairs and came to assist, Martin added.

The Crown said the intent behind the murder hasn't been determined.

ALY THOMSON/FOR METRO HALIFAX



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Local



Stone Temple Pilots seats still available

Tickets are still available to see Stone Temple Pilots live in concert tonight at the Halifax Metro Centre at 8 p.m. The hard rockers will take to the stage to perform songs from their five albums, which have sold 35 million copies worldwide. Tickets are \$59.50 each plus service charges and are available at all Ticket Atlantic outlets, including the Metro Centre box office, online at ticketatlantic.com or by phone at 451-1221. METRO HALIFAX



2 charged after vehicle break-ins

SUSPECTS Two men were arrested in relation to thefts from vehicles early yesterday morning in Halifax.

Police say they saw two men on Victory Lane after thefts were made from vehicles on Lemarchant Street and in an underground parkade on Brunswick Street.

The men allegedly ran away but were arrested on Gottingen Street.

Christian Bennett, 23. and Garrett White, 28, both of Halifax, face charges of break and entering, mischief, and possession of break-and-enter tools.

Bennett is also charged with possession of a prohibited weapon and breaching conditions.

Police have put out warnings after a recent wave of thefts from vehicles reminding the public to look their car doors.

METRO HALIFAX



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on year-end investment housekeeping and the "Santa Claus rally" at metronews.ca/ investing



Motorists pass through the toll booth on the Macdonald Bridge yesterday. A Timberlea woman said she was slapped with a hefty fine for trying to use tokens to pay the toll.

Token leads to hefty fine

Woman argues mixed messages resulted in ticket at bridge

MONIQUE MUISE monique.muise@metronews.ca

The last time Mary-Allis Campbell tried to cross the Macdonald Bridge, it cost her \$280.

A dual citizen who lives in California most of the year, Campbell was issued a ticket last Monday after attempting to pay the toll with a now-useless bridge token.

The Halifax-Dartmouth Bridge Commission stopped accepting tokens on May 1, 2008. But Campbell said she was unaware of the change until she got back to Nova Scotia in December 2008 and was stopped when she tried to use a token. On that

occasion, she paid in cash. "I called in later to see what was going on, and was told I missed the 90-day window to trade (tokens) in," the 56-year-old Timberlea resident explained. "I asked what would have happened if I didn't have the 75 cents and (the bridge employee) said, 'You wouldn't have been held up ... you would have been sent through."

Assuming she could use up her remaining tokens, Campbell said she went through the tolls again several times using her tokens
— and was let through without a problem.

"I figured they have a pol-

icy that is letting people use what they've paid for which is what I was told last December," she said.

But last week, when she tried to go through once again, she was pulled over and told to wait in a nearby parking lot as a supervisor issued her the ticket.

"They seized my tokens and refused to write on the ticket that I tried to pay by token," Campbell said. it just looks like I'm a bridge-runner.'

Bridge Commission CEO Steve Snider wouldn't comment on Campbell's specific case, but did acknowledge people are sometimes waved through if they try to pay with a token during peak hours and there isn't an employee handy to take the proper payment. Snider added, however,

people who do this too often are usually recognized and turned around.

"But if we happen to have an employee in the lane, and you pulled up and threw in (a token) ... and then rolled on through and ended up stopping at the red light, someone can walk up to you and issue you a ticket," Snider said.

But Campbell maintains she was given a number of mixed messages that ultimately led to the hefty fine. She plans to contest the ticket in court.

"I don't know if I'll ever go back on that bridge again," she said.

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news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page

Police find man wanted on warrant

CRIME Police have located a man wanted on a parole warrant.

On Friday, Halifax Regional Police issued a release asking for the public's assistance in locating Preston Lynden Denny, 23, who was living at a Halifax halfway house in relation to a 2008 conviction for sexual assault and break and enter.

Denny was reported missing Nov.

18 after failing to return halfway house.

Police issued a release yesterday

Preston Denny

saving he was found Saturday after being stopped by military police in Eastern Passage at about 11 p.m.

"He was walking on DND (Department of National Defence) property," said police spokesman Const. Brian Palmeter.

"He basically identified himself as being wanted on a parole warrant.

Palmeter said Denny was sent to the Burnside jail.

PHILIP CROUCHER/ METRO HALIFAX



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Christmas Daddies Telethon set to go on Sunday

The 46th annual Christmas Daddies Telethon takes place this Sunday on CTV from 11 a.m. to 6 p.m. Hosted by Steve Murphy and Starr Dobson, the popular telethon raises funds to provide clothing and gifts to less fortunate children and families during the holidays. METRO HALIFAX

Heart disease targeted

New research chair warns of 'demographic time bomb'

PAUL MCLEOD
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Facing a "perfect storm" of warning signs, Dr. Jafna Cox will be seeking solutions as Nova Scotia's first ever research chair in cardiovascular health.

At a ceremony yesterday in Halifax, Cox said he hopes to bring people together from different fields to break new advancements. Judging by his speech, he'll need all the help he can get.

Heart disease is already the leading killer in Canada and it looks to get worse, Cox told those in attendance at the Lord Nelson Hotel. Between raising health-care costs, growing obesity rates and the "demographic time bomb" of our aging population, Cox said heart problems could stretch the system to its limits.

But he's still optimistic. "I'm from Ontario. Ontario is a wonderful province but it's a huge province," he said after-



Dr. Jafna Cox was named Nova Scotia's first-ever research chair in cardiovascular health yesterday morning at a ceremony in Halifax.

wards.

"Here in Nova Scotia our entire population is smaller than many health districts in many other provinces. We have what I call a manageable laboratory ... It's just large enough you can have statistical power but it's not overwhelming."

Most importantly, Cox said the province's professionals are dedicated to working together, which helps advance changes that would get bogged down in larger areas.

The Heart and Stroke Foundation of Nova Scotia, the QEII Foundation, as well as Fred and Elizabeth Fountain, Marjorie Fountain and the late Sheldon Fountain fund the research chair position.

Cox said the economic recession will be a challenge but it just highlights the need for outside-the-

By the numbers

- According to a GPI Atlantic study, heart disease and stroke claim the lives of over 2,800 Nova Scotians each year.
- Statistics Canada says 36 per cent of all deaths in the province are related to cardiovascular disease.
- Nova Scotia has the second highest in-hospital cardiac mortality rates according to the Canadian journal of Cardiology.
- The province says these issues cost over \$252 million each year.

box thinking. He spoke of lowering costs by moving more services out of hospital, such as holding nutrition counseling in grocery stores.

"We'll get through it. We have to get through it," Cox said. "But there's a relatively easy way to get through it and there's a very, very difficult and painful way to get through it. I don't want to go the latter route."

Dal study examines sustainable food myths

PAUL MCLEOD
paul.mcleod@metronews.ca

ENVIRONMENT Preliminary results from a new study coauthored by Dalhousie University flip the idea of sustainable food on its head.

Organic versus conventional and wild versus farmed are some of the "sustainability myths" researchers claim to debunk in their look at global salmon consumption.

Researchers from Dalhousie, Ecotrust and the Swedish Institute for Food looked at the entire life cycle of salmon, from birth to the dinner plate.

They found issues like how farmed salmon are fed, how wild salmon are caught and the choice to buy fresh or frozen fish have a larger environmental impact than typical measures.

Broadening the scope led to some interesting conclusions. For example, regularly eating at restaurants or with friends is substantially better than using the energy to drive to the store alone and eat alone.

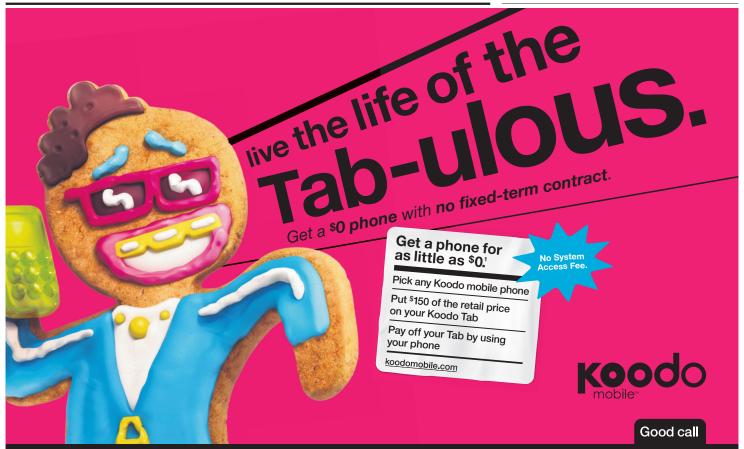
Frozen fish is better for the environment than fresh fish, according to the study. Frozen fish is typically transported by container ship, while fresh fish are flown in by environmentally wasteful airplanes.

It concludes that to build a truly sustainable food industry a full range of socioeconomic and environmental costs need to be considered.

Tire-recycling deal signed

A Halifax company has been hired to recycle Nova Scotia's used tires.

The province's Resource Recovery Fund Board has reached a five-year deal with Halifax Construction and Debris Recycling Ltd. The board has an option to extend the agreement for up to five successive one-year terms. Under the deal, C&D Recycling will shred the tires and produce a product that has a number of USES. THE CANADIAN PRESS













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local

Two new officers for Pictou County

The provincial justice department announced yesterday two new provincial officers for Pictou County. One of the officers will police Pictou Landing First Nation, which is home to five reserves, and the other will be assigned as the new liason officer for Northumberland Regional High School. METRO HALIFAX

Wilcox seeks release from prison

Cape Breton soldier who shot friend in Afghanistan awaiting appeal

fatally shot his close friend in Afghanistan in 2007 has applied to be released from prison pending his appeal before the Court Martial Appeal Court of Canada.

Matthew Wilcox was sentenced to four years in jail and dismissed from the military after he was found guilty of criminal negligence causing death and neglect of military duty on Sept. 30 in the shooting of Cpl. Kevin

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Megeney died on an operating table after Wilcox fired a bullet through Matthew his chest Wilcox on March 6, 2007.

sentencing The Wilcox was the most serious punishment meted out by a court martial for incidents in Afghanistan.

Wilcox's lawyers filed an appeal of his conviction and sentence Oct. 1. arguing that the makeup of the military jury was unfair and that it should have been permitted to view the scene of the shooting in Kandahar, Afghanistan.

Maj. Steve Turner, one of Wilcox's lawyers, filed a motion Nov. 16 asking that Wilcox be released from prison until the appeal's conclusion, saying he can live with his mother and father in Glace Bay. Turner argues in court documents that "voung, first-time offend-

has clearly demonstrated he is not likely to attempt to leave Nova Scotia while awaiting the appeal.

The applicant was an outstanding soldier, both before and after the incident which resulted in these convictions," said Turner, "The behaviour in question was out of character for the applicant

and unlikely to be repeat-

In addition, Turner says it could be some time before his appeal is heard, noting the transcripts of the nine-week court martial in Sydney, won't be available until January next year.

During sentencing, military judge Cmdr. Peter Lamont declined to re-lease Wilcox, noting the seriousness of the convic-

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Sealers' families launch \$2.7M suit

Relatives of four sealers killed when their boat capsized during a coast guard towing operation have filed a \$2.7 million lawsuit.

They are joined in their lawsuit by two survivors of the accident, and they're suing the coast guard and federal government.

The late captain's fishing company, some 19 relatives, and two survivors of the

tragedy, are **Hunters** listed as plaintiffs in the suit, filed earlier this month Court in Montreal.

The lawsuit

 Four hunters from Iles-dela-Madeleine. Que., were killed when the boat sank in March 2008 off Cape Bre-

numerous errors made by the Canadian Coast Guard the night the icebreaker Sir William Alexander guided the sealing boat L'Acadien II through ice-filled waters.

The suit alleges communication problems with the coast guard, and also says proper steps weren't taken to ensure the safety of the sealers aboard L'Acadien II.

The plaintiffs are also asking that the case be heard in Gaspe, the closest judicial district to the remote archipelago where the families and survivors still reside.

THE CANADIAN PRESS



REPORT Child poverty rates in Nova Scotia enjoyed a significant" downward trend," a report released yesterday by the Canadian Centre for Policy Alternatives in Nova Scotia states.

But report author Pauline Raven said in a reauthor lease it's not reason to celebrate.

The report shows an 8.4 per cent poverty rate for 2007 (15,000), down significantly from the 18.9 per cent rate in 1997 (40,000). The continuous increase of tax transfers to families with children is seen as big reason for

ebrate this achievement while 15,000 of our chil-dren — and 637,000 chilty," Raven said.



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the drop. "Nova Scotia cannot cel-

dren when all provinces are considered - remain in the grips of deep pover-

METRO HALIFAX

Airport wants proposals New Minas restaurant

Businesses sought for three areas in terminal

The Halifax Stanfield **International Airport is** looking to cook up more business when it comes to their offerings of retail, food and beverage, and services.

The Halifax International Airport Authority announced yesterday it has issued Request for Proposals for new services in three areas of the terminal building - arrivals,

departures and the newly constructed corridor between the main lobby and arrivals area.

The Request for Proposals is open to any business "wishing to establish itself at the airport," the release said. It's also open to businesses and current partners already at the

"Our income from retail, food and beverage and services is critical to us as it represents nearly 50 per cent of our top revenue," Tom Ruth, HIAA president and CEO, said in a release. "Increasing these revenue opportunities helps us maintain our competitive aeronautical fees - money airlines pay to use our facilities.

The Halifax airport sees upwards of 15,000 visitors a day. METRO HALIFAX

destroyed in blaze

Investigators are trying to determine the cause of a fire that destroyed restaurant in New Minas

early yesterday. Firefighters were called to the Double Dragon on Commercial Street at about 2:20 a.m., but flames were already shooting through the roof when they arrived.

New Minas Chief Jim Redmond says it took five hours

to bring the blaze under control because the building had more than one roof. He believes the fire start-

ed in the kitchen. Redmond wouldn't say if the fire is suspicious or not, only that they haven't ruled anything out.

Amazingly, an ornamental carp in a fish tank near the restaurant's front door survived the blaze.

THE CANADIAN PRESS

News in brief

FIRE Five adults and two children are temporarily homeless after fire damaged a threestorey house that contained two apartments in downtown Amherst yesterday. The Canadian Red Cross said there were no injuries. The cause of the blaze is under investigation. Red Cross volunteers have provided a couple and their two young children with accommodations, meals, blankets and personalcare kits. Blankets and personalcare kits were also given to another couple and their 18-yearold daughter, who are staying with relatives. METRO HALIFAX





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Earthquake rattles southern New Brunswick

Some residents of southern New Brunswick were shaken by an earthquake Sunday evening. Police and emergency officials received many calls about a loud bang at 7 p.m. that shook homes and rattled windows. The province later said it detected an earthquake measuring 2.2 on the Richter scale. THE CANADIAN PRESS

Canada



Whistleblower had right to speak: MP

Foreign Affairs Minister Lawrence Cannon, left, says diplomat Richard Colvin had a right to make his explosive allegations about Afghan prisoners. He says Colvin exercised his prerogative as a whistleblower by saying Ottawa ignored his warnings that Canadian soldiers were turning Afghan detainees over to torture. At the same time, Cannon stuck to the Conservative government line that the allegations have not been proven.

Toddler's death from fall at airport ruled an accident

ONTARIO A toddler who died after falling some 15 metres over a railing at Pearson International Airport wiggled out of his mother's arms as she turned her attention to her other child, police said yesterday. Foul play is not suspect-

ed in the 15-month-old boy's death and the tragic fall Sunday has been ruled an accident, Peel police Const. J.P. Valade said.

The Burlington, Ont., family was preparing to embark on a vacation to Argentina when the boy fell from Terminal 1's upper departures level to the lower level arrivals area.

Officials at the Greater Toronto Airports Authority said the balcony partition is to code and called the fall an "isolated, tragic accident.'

THE CANADIAN PRESS

Calgary Solar car challenge



Team members from the University of Calgary's solar car team unveil their new solar race car vesterday in Calgary, which will compete in the 2010 North American Solar Challenge. The challenge is a biennial event, based on a competitive field of solar cars crossing North America, powered by nothing but the sun.

POW transfers halted 3 times in '09: MacKay

Officials were concerned for Afghans, minister says

Concerns about the treatment of Afghan prisoners prompted Canadian soldiers to halt the transfer of POWs three times over the course of the last year, says Defence Minister Peter MacKay.

The suspensions are proof that agreements aimed at treating detainees humanely are working, MacKay said yesterday.

The assurances came as the government prepared to counter explosive accusations from Canadian diplomat Richard Colvin that senior government officials turned a blind eye to the torture of Afghan prisoners transferred into the hands of Afghan authori-

That counterattack will

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A U.S. plan to work with anti-Taliban militias echoes the ideas of a
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include a highly anticipated appearance tomorrow before a parliamentary committee by former chief of defence staff Rick Hillier, who was ultimately responsible for Canada's mission in Afghanistan.

Also scheduled to appear are Maj.-Gen. David Fraser, who led troops on the ground in Kandahar, and Lt.-Gen. Michel Gauthier,

who was responsible for overseas deployments in 2006

The government vesterday acknowledged the suspensions of prisoner transfers to Afghan authorities for the first time, even though opposition parties have been asking questions about the treatment of detainees for months.

MacKay said the suspensions followed the refusal by Afghan authorities to abide by an agreement that guaranteed access to prisons where the de-tainees were being held.

He told Liberal Leader Michael Ignatieff the government acted as soon as "credible allegations came to our attention."

THE CANADIAN PRESS

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News in brief

ADOPTION Changes are needed to ensure more kids in the care of child welfare agencies find permanent homes and don't "age out" of the system before being adopted, says an editorial published vesterday

in the Canadian Medical Association Journal **RECALL** More than 2.1-million Canadian-made drop-side cribs

have been recalled in Canada and the United States after more than 100 cases of

injuries, including four deaths, were reported, the U.S. Consumer Product Safety Commission said yesterday. The crib manufacturer is B.C.-based Stork Craft Manufacturing Inc.

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Facebook private for those not on it

Quebec woman who says she lost her long-term disability benefits because of photos that appeared on Facebook should serve as a reminder that nothing on the Internet is truly private.

And a tech expert Carmi Levy says it's a perfect opportunity for people to take stock of their social networking platform pro-files and just what about their life is on the net.

Quebecer Nathalie Blanchard 29 said her long-

terminated Chippendales and beach photos of her on the social website came to the insur-

ed blunder left the Liberals scrambling when a post on the site of Janine Krieber, the wife of former leader Stéphane Dion, had comments critical of Michael Ignatieff. The best way to truly remain private? "Stay offline completely," Levy

ance company's attention.

Another Facebook-relat-THE CANADIAN PRESS

the four men should not

have been charged in the

"They didn't do anything either legally or morally

wrong and there was never

any evidence they did any-

thing either legally or morally wrong," Midanik

vened to stop the prosecu-

tion a long time ago.'

they charged, the Crown's of-fice should have inter-

THE CANADIAN PRESS

first place.

told CTV.

4 acquitted in shooting

CRIME Four men have been acquitted in the Boxing Day 2005 shooting death of

15-year-old Ja Jane Creba in

downtown Toronto. The prosecutor

told court yesterday Jane Creba folthat

lowing a pretrial ruling it was determined there was no reasonable prospect for a conviction against the four, who were facing manslaughter charges.

No evidence was called against Andre Thompson, Shaun Thompson, Vincent Davis and Andrew Smith, and the judge was left with no option but to acquit them.

However, three other accused – the alleged shooters in the case – still face charges of second-degree murder.

Creba was shopping with her mother and sister in the city's downtown when she was caught in the crossfire of a shooting between rival gangs.

Defence lawyer David Midanik said outside court

MLA caught in flooding disaster

VICTORIA A B.C. New Democrat MLA is getting some first-hand experience of the province's emergency preparedness, after his Vancouver Island home was flooded on the weekend. Bill Routley says he's been bailing water out of his basement. Also, his property needs to be drained. He estimates his home sustained between \$5,000 and \$10,000 water damage. Heavy rains, high tides and rising water caused flooding in the Duncan area and forced the evacuation of 300 homes.

THE CANADIAN PRESS

PM Taking it for the team



Prime Minister Stephen Harper displays a team jersey he was presented with by the 2010 Canadian Men's Field Lacrosse team yesterday.

Family kept **Bahari alive**

Tortured journalist mulled slitting wrists in Iran prison

A Canadian-Iranian journalist who spent nearly four months in Tehran's infamous Evin prison says he was so desperate after being tortured that he considered committing suicide by slitting his wrists.

Bahari. Maziar Newsweek correspondent. was arrested on June 21 after covering the crackdown on protesters and reformist politicians following the country's disputed presidential elections.

He told CNN on Sunday that he knew he was being taken to Evin prison and thought of all the people he had interviewed who were tortured in the jail.

It is also the prison where Canadian-Iranian photo-Kazemi journalist Zahra was beaten to death in

He said his interrogators were "masters of psychological torture" and accused him of being a spy. "My interrogator told me

I was going to be executed everyday.'

Bahari said he contemplated suicide twice, think-ing he would use the lenses his glasses to cut his wrist, and wondering "how long it would take to bleed to death."

But then, he said, he thought of his family, his pregnant wife and decided that he would not be his own executioner.

'Why should I do their job for them. If they want to kill me they can do it themselves. I am not going to be their executioner.

Bahari said his jailor wanted him to name people and fabricate facts and stories.

He credited a massive international campaign for his release last month to the U.K., just in time to see the birth of his first child.

THE CANADIAN PRESS



10

Public was not in danger: Nuclear plant official

Officials are trying to determine how workers cutting a pipe stirred up radioactive dust at the Three Mile Island nuclear power plant in Pennsylvania. Plant spokesman Ralph DeSantis said yesterday the public was not endangered Saturday, when a dozen workers were exposed to radiation. THE ASSOCIATED PRESS

World



Medvedev won't restore elections

Russian news agencies are quoting President Dmitry Medvedev as saying he won't restore gubernatorial elections. Medvedev's predecessor, Vladimir Putin, scrapped elections of Russian provincial leaders in what critics called a major retreat from democracy, leaving their appointment largely up to the president. Medvedev has stressed the importance of democracy but has done little to open up the electoral system.

THE ASSOCIATED PRESS

Prisoner swap close: Source Too many were

Israel and Hamas are close to a deal to swap 1,000 Palestinian prisoners for an Israeli soldier held for more than three years by the Islamic militant group, a Palestinian familiar with the talks said vesterday.

Israeli President Shimon Peres, who met with Egypt's president in Cairo Sunday, confirmed progress in the negotiations to free captured soldier Sgt. Gilad Schalit, but Israeli officials refused to comment further. Hamas' deputy politi-cal leader, Moussa Abu Marzouk, also said "there is

progress" in the talks.

The Palestinian close to the talks said Palestinian prisoners would be released in two stages. The initial batch is expected to include many serving lengthy sentences for deadly attacks on Israelis, Among them would be Marwan Barghouti, a popular leader of Hamas rival Fatah, who is serving multiple life sentences for involvement in deadly attacks. Barghouti is seen as a top contender for the next Palestinian president.

While negotiations have been dragging on for years,



Israeli soldier Gilad Schalit is seen in a video image provided by Hamas. Delegates travelled to Cairo yesterday to debate a final prisoner list presented by Israel for an exchange that would see Schalit freed after more than three years in captivity.

conditions appear to be ripening for a deal. Though no official statements have been made, it appears that Israeli Prime Minister Benjamin Netanyahu is prepared to release more hardcore Palestinian militants Olmert, fulfilling a key Hamas demand.

Hamas also has shown flexibility on some important issues, particularly Israel's insistence that some prisoners be deported after

Israel, Hamas reportedly nearing deal for soldier, Palestinian prisoners in the talks. Israel and Hamas are close progress" in the talks.

CHINA The coal mine that exploded in northern China, killing 104, had too many workers under-ground in an effort to increase output, a government official said vesterday, exposing the risks often taken to meet the country's insatiable energy demands. The weekend gas explosion - China's worst mining accident in two years — was a blow to the government's recent efforts to improve safety standards in the industry, the deadliest in the

world. Grieving relatives, who wailed at the gate of the Xinxing mining office yesterday, were shocked that the such a blast could occur at one of China's state-run mines, which the government has promoted as being safer than smaller, privately run concerns.

"We thought the state mines were safe. Why did he die?" Liu Shujiu asked a reporter who was allowed into the mining complex. Liu's 38-year-old husband Zhang Shulai was among the victims. The couple have a nine-year-old daughter "How do I tell her that her father is not coming home?'

But even as officials hustled to calm the families, miners idled near the shafts in their battered work clothes, waiting for word that their shifts might start again. "Economic necessi-ty," one said, his words "We thought the state mines were safe. Why did he die?"

Liu Shujiu, wife of explosion victim

steaming in the frigid air.

Officials have said 528 miners were underground when the Xinxing mine exploded after a gas leak. Most escaped, but 104 were confirmed dead and an additional four were missing and feared dead, the official Xinhua News Agency reported.

The head of China's State Administration of Work Safety told the official Xinhua News Agency that the mine's management failed to evacuate workers promptly, but his deputy went further.

The mine had too many platforms and workers inside in an effort to increase output, the deputy head, Zhao Tiechui, told Xinhua. He called the structure "far too complicated for its current ventilation system to work effectively"

The candid comments just two days after the blast that killed at least 104 miners were a possible attempt to keep families' frustration over the incident from turning into one of the many protests that the government sees as threatening stability. THE ASSOCIATED PRESS

Report: 10-month freeze

• Israeli TV reports that Prime Minister Benjamin Netanyahu is proposing a 10-month freeze in construction in Jewish settlements in the West Bank. The freeze would not apply to Jewish neighbourhoods in east Jerusalem.

than his predecessor, Ehud

their release.

THE ASSOCIATED PRESS

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Reporters, supporters ambushed

PHILIPPINES Dozens of gunmen hijacked a convoy carrying journalists, and family and supporters of a candidate for provincial gover-nor, killing at least 21 of the travellers yesterday in the southern Philippines' worst political violence in vears. There was no claim of responsibility for the bloodshed in the predominantly Muslim region wracked by political tensions between rival clans. The convoy of vans carrying about 40 people was hijacked in Maguindanao province, and army troops later found the bullet-riddled bodies of 13 women and eight men, Maj. Gen. Alfredo Cayton said. The National Union of Journalists of the Philippines said at least 10 reporters were part of the convov.

THE ASSOCIATED PRESS



U.S. army Sgt. James Murphy greets a child while on patrol in Logar province, Afghanistan, yesterday.

Afghan violence continues unabated

AFGHANISTAN Bombings and shootings killed 12 people across Afghanistan, including four American troops and three children, as U.S. President Barack Obama convened his war council again yesterday to fine-tune a strategy to respond to the intransigent violence.

Obama is considering sending tens of thousands more troops to fight an increasingly virulent insurgency, and pressure has been mounting for a decision. NATO is also calling on allied nations to add to their military presence.

The violence has continued unabated despite the tens of thousands of foreign troops already in the country since the 2001 U.S.-led invasion.

To the north, insurgents attacked German soldiers and Afghan National Police with grenades and gunfire as the troops drove through an area northwest of Kunduz city, wounding two Afghan policemen. Air support was called in and the insurgents fled, the German military said in a statement.

A suicide bombing also struck the same province, which has seen a spike in militant attacks in recent months. The bomber, who was targeting a police convov. killed five civilians, including three children, the Interior Ministry said. Another five people were wounded in the attack, which missed the convoy, it

Separately, three Afghan soldiers were killed by a roadside bomb in the volatile southern province of Helmand, in the Musa Qala district, the Defence Ministry said. It did not give further details.

Gen. Stanley McChrystal, the top American commander in Afghanistan, has said more U.S. forces are needed to head off a failure against Taliban militants. He has recommended about 40,000 additional troops.

THE ASSOCIATED PRESS

U.S. giving big incentive for eliminating poppy crop

AFGHANISTAN The U.S. vesterday agreed to hand out millions of dollars in development aid to provinces in Afghanistan that have eliminated or reduced the production of opium poppies, the raw ingredient in making heroin. The poppy crop

Decrease in Afghan poppy cultivation this year, according to the UN Office of Drugs and Crime opium survey.

in Afghanistan, which produces 90 per cent of the world's supply of opium, is linked to corruption, addiction and a drug trade that bankrolls the Taliban insur-

Curbing the cultivation of poppies is the goal of a U.S. program that has doled out \$80 million US since 2007. That includes the \$38.7 million the U.S. announced it is giving to 27 of Afghanistan's 34 provinces that either reduced poppy cultivation by more than 10 per cent or became poppyfree this year.

THE ASSOCIATED PRESS

world 11

Greenhouse gases rising faster: Report

Greenhouse gases in the Earth's atmosphere reached record highs in 2008, with carbon dioxide levels increasing faster than previously, the UN weather agency said yesterday.

Levels of greenhouse gases, believed to be responsible for global warming, have been rising every year since detailed records started being kept in 1998, the World Meteorological Organization said.

It follows a trend of rising emissions that began with the Industrial Revolu-tion in the mid-18th century, the agency said.

The report comes as the European Union urged the

Know your gases

• The gases — carbon dioxide, nitrous oxide, and methane — are produced partly by natural sources, such as wetlands, and partly by human activities such as fertilizer use or fuel combustion.

United States and China on Monday to set targets for cutting greenhouse gas emissions at next month's climate conference in Copenhagen. The European Union said delays by those countries were hin-dering global efforts to curb climate change.

"Concentration of green-

house gases continued to increase, even a bit faster. the organization's chief, Michel Jarraud, told reporters in Geneva.

Carbon dioxide — the main greenhouse gas in the atmosphere — was 385.2 parts per million in 2008, up two parts per million from 2007, the report

"It's significant because what we would like is to see a decrease in the increase," he said. The yearto-year increase may appear small. But compared to the time before the Industrial Revolution, the levels have increased massively, the WMO said.

THE ASSOCIATED PRESS

Mumbai Remnant of a massacre



Ramzan Shariff, displays X-ray film of his chest, where a bullet is embedded, at a press conference to mark the first anniversary of terror attacks in Mumbai, India. Shariff was shot and injured during the attacks at the city's Chhatrapati Shivaji train station. Ten militants with assault rifles fanned out across Mumbai last Nov. 26, paralyzing India's financial capital and killing 166 people.

Palin book tour hits U.S. army base

brought her book-signing tour to North Carolina's Fort Bragg yesterday and hundreds greeted the for-mer Republican vice-presidential candidate in a campaign-like gathering.

Palin's appearance tested Department of Defence regulations, which prohibit politicians from using installations as a platform. Palin didn't give a speech and individually thanked soldiers, and a base spokesman said she was not campaigning.

But the bus parked near-



by encouraged donations to her political action committee and supporters made clear that she should run for president.

Army officials initially barred media from the fearing coverage would lead Palin's backers to lob negative comments at President Barack Obama. The military later relented and allowed media access.

The former Alaska governor began a nationwide tour last week to promote a new memoir, Going Rogue. She also has a planned visit to Fort Hood, Texas, on Dec. 4 — just a month after 12 people were killed there in a shooting rampage.

THE ASSOCIATED PRESS

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Comment

Conservative track record tells story



hen in doubt, check the track record. If that is done on the question of diplomat Richard Colvin's testimony on the

Afghan detainees, the Harper government's side of the story doesn't make it to the dance floor.

The Conservatives have a long history of trying to shield embarrassing truths from the public and of smearing anyone who challenges them. It's one of the reasons critics were quick to pounce on Defence Minister Peter MacKay's attempt to undermine Colvin last week.

In the same week, the Tories were distributing flyers to various ridings trying to

paint the Liberals as anti-Jewish. The charge is ludicrous. Michael Ignatieff, one of the most right-wing leaders on foreign policy the Liberals have ever had, is decidedly pro-Israel. But that's the way the Tories operate.

We recall how they went after Linda Keen, the former president of the Canadian Nuclear Safety Commission, and how they slandered Human Rights Commissioner Louise Arbour, calling her a "national disgrace." They smeared NDP

members as being pro-Taliban. As for their record of secrecy and concealment, they may well exceed any Canadian government before them. They've muzzled their own ministers, shut down a giant government information registry, and made a mockery of access to information regulations.

No one should be surprised, therefore, if in fact they tried to cover up the Afghan prisoner abuse and are now forced into trying to discredit the whistleolower.

The Conservatives keep using smear tactics for a good reason. They work. Take the personal attack ads they launched against Liberal leaders Stéphane Dion and Ignatieff. Those leaders, who came out of the soft ivory tower of academia, had no response.

The Grits, hovering at historic low levels of 23 per cent in the polls, desperately need a new strategy. They've got to throw out the kid gloves and start responding to the Tories in

kind. Ignatieff hasn't wished to be front and centre on the Afghan allegations because of his past controversial remarks on the use of torture.

But the torture allegations are only one element of this story. There's a bigger one. It's the alleged coverup. Iggy should smear the Conservatives with that. Unlike most Tory charges, it might even be true.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

How to read the Common Sense Index



Baffled by the gyrations of the stock market? Confused by contradictory economic statistics? Weary of economic pundits who keep on forecasting even though they've blown it nearly all the time?

Friends, you don't have to wait on tenterhooks for the next instantly obsolete report from Statistics Canada, or hold your breath for the Bank of Canada's next pronouncement. You can start predicting the economy's future by using some simple observational skills based on the five key indicators in the Common Sense Index or CSI. The key components of the CSI go like this:

Bag factor: Sure, there are plenty of people walking around in shopping malls. But how many of the folks are actually shopping? That's why it's so important to count shopping bags. More bags equal more retail sales.

Lot loads: If you have some spare time, drive through the industrial ar-

eas of your city and pay attention to factory parking lots. If the lots are pretty empty, you know we're not out of the woods yet.

Merchant anecdotes: When you shop, ask retailers about their business and whether they're seeing positive changes since earlier this year. Sometimes the results are surprising. I recently had to buy a new refrigerator and I assumed big ticket appli-ances would be slow movers in a period when people are parsing out their cash. Not so, the retailer told me. People are staying home more so business has been brisk.

Bums on seats: If you go

to movies, theatres, clubs, whatever, are there full houses? What sort of traffic is evident in restaurants and fast food outlets, not just at lunch when there always seems to be activity, but through the rest of the day and night?

Hell on wheels: Huge trucks may make driving on major highways a nightmare, but the more there are, the more the economy is cranking over. Take a deep breath and be thankful that they're cutting you off or threatening to crush you.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

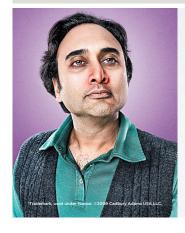


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After withstanding recessionary headwinds for most of the past year, Canadian businesses are now succumbing to the same economic malaise that has already sent tens of thousands of individual Canadians to the bankruptcy office. THE CANADIAN PRESS

Business

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Malaise hits Canadian businesses

Retail sales up: StatsCan

But notable increase still lower than 2008 numbers

Canadian consumers surprised economists with how much spending they did in September but retail sales remained weaker than a year ago and gave little comfort to many retailers who fear the coming holiday season will be slow.

Statistics Canada said yesterday that retail sales rose to \$34.9 billion in September, up by one per cent from August, on widespread increases across six of eight sectors.

While that was a notable increase and higher than consensus economic forecasts, the sales numbers were also 3.3 per cent lower than the same period last year.
"It's an improvement

from the fairly hefty decline you saw in the last year, but it's still, at least on a year-over-year basis, indicating that conditions remain weak," said Paul Ferley, assistant chief economist at Royal Bank.

When you start looking at the month-over-month (results) it's showing more positive gains over the last



DOLLAR



Canadian shoppers at malls such as the Eaton Centre ramped up their spending in September, which boosted retail sales by one per cent to \$34.9 billion, beating economist expectations. Statistics Canada reported yesterday that retail sales logged widespread increases, with six of eight sectors showing gains.

two months."

Retail sales have been rising since the beginning of 2009, following a sharp decline at the end of 2008 as Canada was dragged down by a global recession

that began to tighten its grip in last year's fourth quarter.

The gradual recovery has left some retailers, particularly in apparel, jittery for the crucial October-Decem-

Some have complained that sales have been slow, and they've had to slash their prices to encourage

THE CANADIAN PRESS

Interest rates to rise rapidly, say experts

MORTGAGES Interest rates aren't going up any time soon, but when they do the rise will be rapid, mortgage industry experts say.

Because of this, mort-

gage lenders and brokers have a responsibility to help home buyers assess their capacity to make higher monthly payments, and to constantly evaluate their chances for default.

'There should be some prudence and there should be counselling by mortgage brokers to ensure people do leave a little wigroom," Ivan Wahl, chairman and CEO of Xceed Mortgage Corp., said at an industry conference yesterday in Toronto.

Wahl praised Canadian regulators for preventing the housing meltdown that has decimated the American economy, but said mortgage lenders have a responsibility to self-regulate as well.

"Regulators have a very specific role, but you can't regulate prudence," said

"We were looking at a nuclear winter ... (for new mortgages), a 30 to 35 per cent drop, and that hasn't

Two markets

• The Canadian and American housing markets fared very differently during the recession. While the financial crisis in the U.S. was caused in large part by subprime mortgages, which led homeowners to default en masse, strict regulations helped the Canadian economy avoid a similar melt-

happened," agreed Stephen Smith, chairman and president of First National Financial.

Mortgage lenders and brokers gathered in Toronto yesterday for the Canadian Association of Accredited Mortgage Professionals' annual conference and expo.

THE CANADIAN PRESS

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BMO, TD invest \$13M in greening fund

CARBON CREDIT The Greening Canada Fund for purchasing carbon offset credits from projects across Canada has received \$13 million in investments from two major banks.

BMO Financial Group is

902-222-0730

making an initial investment of \$10 million and TD Bank Financial Group is investing \$3 million in the fund, which is being managed by Green Power Action Inc.

Securities of the fund

will be offered to selected investors only.

The fund will provide a way for organizations to recoup up to 20 per cent of the capital cost of so-called green projects.

THE CANADIAN PRESS





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14 business

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA





Stop-loss rules may deny claims for tax purposes

Money **Matters**



I would like to contribute to my Reaistered Retirement Savings Plan (RRSP). I have shares that are not reqistered. Can I transfer the shares to my RRSP? The shares have lost their value. Can I deduct the losses

Generally, sale of non-registered shares at a loss can be used to reduce capital

gains in the year — reducing your tax liability. Losses can be carried back three years to recover prior year taxes on gains.

There are stop-loss rules that may deny losses on some dispositions. An asset transfer from a non-registered account to an RRSP (registered account) can be executed by your broker and shares kept intact. However, stop-loss rules may apply and the loss for tax purposes may be denied under the circumstance. This is consistent with the sale of shares at a loss and repurchased within 30 days.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Trim holiday spending



he thrill of thrift still has Canadians in thrall. Despite cheery "It s over!" proclamations

about the recession, consumers from coast to coast appear determined to keep their holiday spending in check.

In fact, 44 per cent of Canadians have vowed to trim their holibuving. which amounted to \$571 per adult last year. But we all know what hap pens to resolutions made months before Bing Crosby s White Christmas is

The solution is to arm yourself against your worst holiday spending enemy you! Before heading out to brave the crowds put together a quick mini-bud-

Visa Canada s revamped financial literacy website, practicalmoneyskills.ca, has a handy holiday calculator that jogs your memory about all the things you spend mon-

but are likely to forget in the busy days ahead. Few actually put a dollar

figure to non-gift items or include them in a holiday budget. Every year I am shocked by how much festive candles, Christmas crackers, lights and special food items cost.

My daughter decided to get a profes-

sional family photo

Alison's Money

• The trick to not spending more than you can afford this holiday season is being aware of all the places your money goes before you hit the stores.

and charitable donations. Even holiday travel adds to your spending. On average. Canadians in-

crease their driving and use of public transit by 30 per cent during the holiday season. When it comes to gifts,

many people do make a mental budget and plan to stay under a certain sum per person. But they forget sundries like a tip for the paper delivery person, coins dropped into the Salvation Army kettles and a bottle of wine to a colleague.

Spend half an hour with the holiday calculator and you're far less likely to over spend this season.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



pictures as the actual pictures themselves. The Practical Skills calculator includes expenses such as cards, postage, baking supplies

Rebalance portfolios



The Toronto Stock mar-ket, the S&P and Dow have all had tremendous years so far. These indices are up more than 50 per cent from their lows in March.

If you were an investor that overweighted certain sectors of the market to take advantage of this ral-

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ly, you may want to do some rebalancing before year end to get your portfolio back to a comfortable and appropriate sector mix

Sectors like banking, energy and technology have all rallied over and above what most were anticipating, thus causing an investor's portfolio to now be heavily weighted in some of these areas.

The end of the year is always a good time to take some profit and rebalance if this is warranted.

Careful analysis should be done on your portfolio at this time so that an investor can keep and add more to the investments they believe will outperform in 2010 and sell off those that would be more valuable if sold for the capital loss.

I recommend investors seek the help of an investment adviser to guide them through this process.

Allan Small can be reached at asmall@dun deesecurities.com The views expressed are not necessarily those of Dundee Securities



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16

Laser world sailing championships named regatta of the year

The laser world sailing championships hosted by the St. Margaret Sailing Club has been named the Canadian Yachting Association's regatta of the year. More than 450 athletes from 72 countries competed in the event from Aug. 17 to Sept. 5. METRO HALIFAX

Sports



Konchalski to be honoured

The St. Francis Xavier X-Men will honour basketball coach Steve Konchalski Saturday for breaking the Canadian Interuni-versity Sport record for career wins with 735. He surpassed for-

Twins' Mauer takes home MVP award

BASEBALL Joe Mauer became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote vesterday.

The Minnesota Twins star received 27 of 28 firstplace votes and 387 points in balloting by the Baseball Writers' Association of America.

Yankees teammates Mark Teixeira (225 points)

and Derek Jeter (193) followed. Detroit's Miguel Cabrera drew the other firstplace vote and was fourth with 171



Joe Mauer

points, one point ahead of the Angels' Kendry Morales.

Mauer became the second Twins player to win in four years, following Justin Morneau of New Westminster, B.C., in 2006.

Jason Bay of Trail, B.C., was seventh in voting with 78 points, while Aaron Hill of the Toronto Blue Jays was 12th (23).

THE ASSOCIATED PRESS

Bigger is better for Huskies

Saint Mary's is looking to add size in the off-season

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies want to get better - and they figure the best way to **do that is to get bigger.**Coming off their second

straight setback in the Canadian Interuniversity Sport football semifinals, a 38-14 loss to the Calgary Dinos Saturday, the Huskies' self-assessment is they were physically overmatched.
"The biggest thing we

want to address is, we got exposed Huskies head coach Steve Sumarah said.

'We have to step it up and get bigger on both of our lines."

The Huskies' key losses are at receiver, with 1,247 yards and eight touchdowns graduating with allstar Carl Hardwick, reliable Joe Doherty and speedy Aaron Racioppa.

They're also losing allstar offensive lineman Derek Weber and all-Canadian defensive back Jeff

Sumarah wants to fol-

Coach or parent?

 Blake Nill said he "crossed the coach-parent threshold" with son Taylor during Saturday's Uteck Bowl. The Calgary Dinos head coach was involved in a heated exchange with Taylor, a Dinos receiver, on national television. Blake was unhappy with Taylor's celebration after a touchdown. "I screamed at him and it was an overreaction on my part," Nill was quoted in the Calgary Herald. "I think I crossed the coach-parent threshold. I regret it."

low Calgary's example.

He said the Dinos were overmatched in last year's semifinal — 59-10 blowout loss to the Laval Rouge et Or — and came back this year with a big, strong offensive line that opens up gaping holes.

"The same thing happened to them," Sumarah

"They got exposed, they made some corrections, and it paid off for them.



Calgary Dinos defensive back Sam Hurl tackles Saint Mary's Huskies receiver Carl Hardwick during the second half of Saturday's Uteck Bowl at Huskies Stadium.

That's our goal, to get those things corrected."

Sumarah said sophomore Jack Creighton is his quarterback "until someone can prove they're better than him."
"The biggest thing with

Jack is, we can no longer say he's a young quarter-back," Sumarah said.

"He's now an experi-enced guy who needs to constantly work to get bet-

The all-star tailback tandem of Devon Iones and Craig Leger is also expected to return, but Jones' brother, Tristan, could be on his way out after an injury-plagued season.

'He may be looking at some other life possibili-ties," said Sumarah, who said Sumarah, who noted he isn't a big fan of a three-man backfield committee. "Tristan is a question mark right now."

Saint Mary's has been to three straight national semifinals but has fallen short of a Vanier Cup the past two.

"Two years in a row we haven't won a national semifinal and that's frustrating," Sumarah said.

"We want to make sure our guys are committed 200 per cent to making that next step.'

Sports in brief

UFC Kimbo Slice will make his official Ultimate Fighting Championship debut Dec. 5 in Las Vegas. Slice is the former strip-club bouncer who became an Internet sensation for his widely viewed street fights, UFC hasn't announced Slice's opponent for his

OLYMPICS Germany's track and field association has restored a 1936 high jump record to Gretel Bergmann, who was stripped of the recognition and banned from that year's Berlin Olympic Games by the Nazis because she was Jewish. The association said in a statement that the gesture to restore Bergmann's 1.60-metre jump to the record books "can in no way make up" for the past but was "an act of iustice and a symbolic gesture."

CYCLING Lance Armstrong's new RadioShack racing team has released its full 2010 lineup, which includes former Astana teammates Levi Leipheimer, Andreas Kloden and Yaroslav Popovych. Armstrong, a seven-time Tour de France champion, came out of retirement to race the 2009 tour with Astana and finished third. **BOXING** A former national Golden Gloves boxing champion died two days after collapsing following a bout in Philadelphia. Boxing promoter Dominic Pesoli said 25-year-old Francisco Rodriguez died Sunday night after losing a USBA super bantamweight bout against Teon Kennedy Friday night. BASKETBALL Golden State

Warriors coach Don Nelson has pneumonia and isn't travelling with the team for two games in Texas. The 69-year-old Nelson, the second-winningest coach in NBA history, missed practice Sunday and again vesterday.

METRO NEWS SERVICES

Habs, Wild swap young forwards

NHL Benoit Pouliot is headed to the Montreal Canadiens after being traded from the Minnesota Wild for Guillaume Latendresse

GM Habs Gainey Bob said the young forwards "are two players at the same stage in their careers who were still looking to make

place for themselves with the teams that drafted them. "Oftentimes a different

Hockey League's Sudbury Wolves, and was chosen fourth overall by Minnesota in the 2005 draft. He has two goals and two assists in 14 games this season.

The 23-year-old has yet to play a full NHL season. environment, new teammates and a new situation can be beneficial for a play-Latendresse scored 16 goals with 13 assists durer," Gainey said in a

ing his rookie season in 2006-07, but has plateaued release Pouliot at that level since. played his junior hockwith the Ontario

The 22-year-old has two goals and an assist in 23 games this season. The Habs also called up winger Sergei Kostitsyn

from the American Hockey League's Hamilton Bulldogs. Kostitsyn was scheduled to join the Canadiens last night and take part in today's practice.

THE CANADIAN PRESS

Former Tiger Melanson to play for Tommies next season

Aus Former Dalhousie Tigers forward Mathieu Melanson will suit up for the St. Thomas Tommies next season.

Melanson was a highlytouted recruit of the Tigers men's hockey team in 2006-07 and had 11 points in nine games before leaving to play professionally.

Since then, he's produced 147 points in 121 games in the East Coast

Hockey League. The 24-year-old former Quebec Remparts star has already enrolled at St. Thomas and will play in 2010-11.

METRO HALIFAX

SCOREBOARD

 GP W
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 28 23
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MONDAY RESULT No Games Schedu

No Games Scheduled.

SUNDAY RESULTS

Cape Breton 3 Moncton 2

Gatineau 3 Rouyn-Noranda 0

P.E.I. 6 Chicoutimi 5 (OT)

Quebec 5 Montreal 2

Saint John 2 Teaching 6

Saint John 7 Lewiston 4 Victoriaville 6 HALIFAX 1 TUESDAY

No Games Scheduled WEDNESDAY

THURSDAY

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Griffev staving with Mariners

Ken Griffey Jr. is being rewarded for his leadership and seniority. According to contract figures obtained Monday by The Associated Press, the deal Griffey signed this month to return to the Seattle Mariners for one more season as a 40-year-old calls for a \$2.35 million US base salary for 2010. THE ASSOCIATED PRESS

sports 17

Defying the odds

Riders QB Durant welcomes underdog role

GREY CUP PREVIEW **Roughriders** vs **Alouettes**



Darian Durant savs every one always told him he couldn't be a quarterback because — in Durant's own words - he's "a short guy, pretty stocky" and doesn't "have the strongest arm in the world."

Durant aims to prove everyone wrong by leading Saskatchewan Roughriders to a Grey Cup victory Sunday.

'It'll be the best moment of my life," said Durant.

"I've been through so much in my life. I've been told all my life that I couldn't play quarterback so it'll be great to be able to accomplish something of that magnitude and to bring it back to the great-est fans in the land."

Durant helped the green and white get to the championship by throwing for 204 yards and three touchdowns during the CFL West Division final against the Calgary Stampeders. The Riders sent the Stampeders, the defending Grey Cup champs, packing with a final score of 27-17.

The win capped off a season that saw Durant pass for 4,348 yards. He also got the nod to the West Division all-star team

"I'm in my first year as a starter and I'm fortunate enough to be able to play in the Grey Cup ... This is what I've worked all my life for," said the 27-year-



Saskatchewan Roughriders quarterback Darian Durant celebrates Sunday after defeating the Calgary Stampeders to win the CFL Western final in Regina.

The Roughriders will have to get past the Montreal Alouettes if they want to hoist the Grey Cup. The Alouettes are playing in their second straight Cup final after defeating the B.C. Lions 56-18 in the CFL East final

Surprisingly, it's the first time that the Alouettes and Roughriders will meet in the championship.

Durant says he knows

Saskatchewan is going into

YESTERDAY'S RESULTS

N.Y. Islanders 4 Toronto 3 (OT)
Ottawa 4 Washington 3 (OT)
Boston 4 St. Louis 2

Nashville 3 Detroit 1

N.Y. Rangers 7 Columbus 4
Pittsburgh 3 Florida 2 (OT)
Dallas 2 Carolina 0

Pittsburgh 4 Florida 2 (OT)
Dallas 2 Carolina 0

TODAY'S GAME

DIVISION FINALS EAST Montreal 56 British Columbia 18 **WEST** Saskatchewan 27 Calgary 17

the game as the underdog and welcomes the role.

"That's how we've been perceived all year. I'm pretty sure no one expected us to be here except the people in the locker-room," says Durant.
"I just treat every game

like it is and that's just another football game. Of course what's at stake is a lot greater but at the same time you just still have to play football.

THE CANADIAN PRESS

Teams see NFL playoff hopes weakened by key injuries

NFL The playoff chase has gotten much more difficult for the Packers after they lost two key defensive players to season-ending injuries.

Cornerback Al Harris and linebacker Aaron Kamp-man will have knee surgery after suffering major in-juries Sunday. Both were hurt on separate plays in the second half of a victory over San Francisco, apparently damaging their left knees. Coach Mike Mc-Carthy would not confirm specific details of either in-

"They're both professionals," McCarthy said. "I think we have a lot of confidence they'll both respond very well. They're both in great shape, both take great care of their bodies."

The Steelers not only dropped to 6-4 with a stunning loss at Kansas City, they saw their top two quarterbacks go down. After Ben Roethlisberger left with concussion-like symptoms, backup Charlie Batch injured his left wrist during overtime. Batch could undergo surgery later this week and miss about six weeks. Batch sat out last season with a broken collarbone

Arizona's Kurt Warner. the other starting QB in last February's Super Bowl, left in the second quarter against the Rams after banging his head against the turf. Cardinals coach Ken Whisenhunt said he spoke with Warner on the flight home, and the quar-terback was "very upbeat and alert."

Warner will undergo a mandatory "baseline test" of his cognitive functions THE ASSOCIATED PRESS

Soderling has Nadal's number

TENNIS Rafael Nadal lost to Robin Soderling for the second straight time, falling 6-4, 6-4 yesterday in their opening round-robin match at the ATP World Tour Finals.

Soderling, who handed the Spaniard his first ever loss on clay at the French Open this year, powered his way through the Group B match by mixing a hard forehand with a solid backhand to keep Nadal running all over the hard court at the O2 Arena.

In the late match, Novak Djokovic rallied from a poor start to beat Nikolay Davydenko 3-6, 6-4, 7-5 and move a step closer to the semifinals of the season-ending tournament for the top eight players in the world.

Nadal can still advance, but likely needs to win his two remaining group matches. THE ASSOCIATED PRESS

NFL Battle in Houston



Houston Texans running back Steve Slaton pushes his way over Tennessee Titans safety Michael Griffin and Keith Bulluck to score a touchdown last night in Houston. For complete game results, visit metronews.ca/sports.

SCOREBOARD

OVERALL STANDINGS EASTERN CONFERENCE d-Pittsburgh 24 16 8 0 74 68 32 d-Washington 24 13 5 6 85 73 32 d-Ottawa 21 12 6 3 66 62 27 Buffalo 20 12 6 2 54 50 26 Buffalo 20 12 7 1 69 54 25 Philadelphia 20 12 7 1 69 54 25 Philadelphia 20 12 7 1 69 54 25

WESTERN CONFERENCE

	GP	W	L	OL	GF	GΑ	Pt
d-San Jose	25	16	5	4	85	62	36
d-Chicago	22	15	5	2	70	49	32
d-Colorado	23	13	7	3	69	67	29
Calgary	21	13	6	2	67	59	28
Dallas	23	11	6	6	70	65	28
Los Angeles	24	13	9	2	73	75	28
Nashville	22	13	8	1	53	57	27
Columbus	22	12	7	3	69	79	27
Phoenix	23	13	9	1	59	55	27
Detroit	22	11	7	4	68	64	26
Vancouver	23	12	11	0	67	60	24
Edmonton	23	9	11	3	68	75	21

YESTERDAY'S RESULTS mphis 116 Sacramento 105 Antonio 112 Milwaukee 98 tago at Portland N ago at Portianu iv inesota at L.A. Clippers N

YESTERDAY'S RESULTS

SUNDAY. NOV. 29 GREY CUP Montreal vs. Saskatchewan



\$13 in advance, \$15 at door • Nov 27-29 • JuniorLeagueofHalifax.org

18

Get involved in intramural sports. Exercise is also a well-researched way to manage stress, and intramural sports bring together all different kinds of people on campus, from professors to students, staff and administrators. SIMPSON.EDU

Education



Study tip

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Online courses are growing rapidly across the country.

E-learning on the rise

Catering to adult learners with jobs, families and little time to spare, online courses in continuing education are growing rapidly across the country.

'They're growing at a much faster rate than our traditional in-class cours-es," said Colin Simpson, dean of the Centre for Continuous Learning at Toronto's George Brown College.

At George Brown, enrolment in online courses is up about 10 per cent, year after year, and the e-learning milieu is attracting a whole new demographic of students, Simpson said. They're seeing students from ages 18 to 88, many of whom would never have

thought of going to college

Some of the most popular online courses at George Brown are those that provide technical training for people looking to upgrade their skills and become more competitive in the workplace.

On the west coast, at Vancouver Community College, the online courses with the biggest draw are those offering instructor training.

The Provincial Instructor Diploma Program is a basic instructor training course for college teachers, university teachers, corporate trainers and second language teachers.

And somewhat new to the course calendar but gaining in popularity is the Online Instruction certifi-

"It's a three-course certificate program and it's very intense," said Eva Murray, department head for the School of Instructor Education at Vancouver Community College.

Online learning creates a unique set of challenges. said Murray, including the need to build a sense of community among the students when there is no face-to-face contact.

The certificate teaches instructors how to use common e-learning software, design e-learning activities, supplement faceto-face courses and assess and evaluate e-learning.

Chris Appleton, e-learning specialist with the continuing education department at the University of Calgary, says the populariof blended courses,

where part of the course is on campus and part is online, is skyrocketing.

Stress-busting tip

"A lot of people like to interact with classmates," he said.

But they also like the convenience of working from home, on their own schedule and not attending classes every week.

Some of their most highly subscribed online courses include a Human Resource Management certificate, Teaching English as a Second Language certificate and an Educational Assistant certificate.

Overall, Appleton said, the university has experienced a 10 per cent growth in registration for online classes in the past year.

"The online is our major growth area right now," he

Home maintenance course introduces women to shop basics

RICHARD WOODBURY for Metro Halifax

Women aren't traditionally known for doing home repairs, but a course at the Nova Scotia Community College is changing that.

It's called Home Maintenance for Women and students learn the basics, such as how to use basic hand tools and power tools, as well as how to do door, deck and drywall repairs.

"It's a very cost-effective way of doing things if you can do it yourself," says Bronwen Lloyd. She took the course earlier this year and it's proven beneficial.

Lloyd recently purchased an older home and says



Nova Scotia Community College's Home Maintenance for Women course teaches how to use basic tools and do repairs.

there are lots of needed projects, but she's ready for

"I simply feel more confidence to tackle it and to know what products to buy...," says the 39-year-old consultant for the provincial government.

Lloyd has nothing but

praise for the instructor of the course, James Byrne.

"I definitely learned a lot from him," she says. Lloyd says students were

able to discuss things that needed fixing at home and Byrne would explain what needed to be done. For example, one student needed to replace the screen on a

screen door.
"He actually showed us how to buy the screen, the tools to use and how to do it," says Lloyd.

Byrne says the course has served as a launching pad for some students to pursue further studies in the skilled trades.

"It feels great," he says. "It makes me feel like I really taught them something and

they're moving onto something better."

And the time couldn't be better for women looking to enter the skilled trades.

"There will skilled trades.

transport and equip-ment opera-Bronwen Lloyd, 39

...a "I simply feel more proximately confidence to tackle 3,700 addi (home maintenance projects) and to know what products reer in the skilled trades.

tors in Nova Scotia over the next five years to meet new demand and replace those retiring," says Department of Labour and Workforce Development spokesperson Kevin Finch in an email.

"The only ones we can get

right now are the women because the men that want to get into it are already into it," says Byrne. He says the course is a

great way to introduce

women to the skilled trades without having them commit to a ca-

The class is split between theory and spending time in the shop. Byrne says the don't actually

students build anything as they are just getting the safety fundamentals down, but he says an advanced course is being considered.



UNIVERSITY

School of Extended Studies

Winter 2010 Course Registration **Begins** November 25th Give the Gift of Art

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nscad.ca 4 9 4 - 8 1 8 5 Form a study group. Plan to meet before class, after class, or even on a different night to go over notes, assignments, and readings. Working together is not only a great way to learn — it's also a great way to gain support. SIMPSON.EDU

continuing education 19

Students step up to dance class

JON TATTRIE for Metro Halifax

When Maria Osende arrived in Halifax in 2004. the Madrid flamenco dancer was delighted to see the "really great" modern dance scene.

Osende started dancing at age seven, was a member of Spain's National Ballet and danced at the School of American Ballet in New York City, but now she shares her skills with adults who want to learn the graceful art

'Flamenco is really suited for adults, because it's not very physically de-manding. It's very much about learning. It's a great exercise for having fun and exorcising your memory, co-ordination, musicality and posture," the operator of Maria Osende Flamenco (Mariaosende.com) says. "In eight weeks, we put a little dance together that they can do anywhere.'

New classes start in September, with an Absolute Beginner Course starting regularly every other month (January is the next



"Most recently, there's been a huge popularity in partnering dance such as ballroom," says Tim Keenan, general manager at Halifax Dance.

start). The Newfoundlandfounded El Viento Flamenco (Elvientoflamenco.com) also offers flamenco classes in Halifax.

Tim Keenan, general manager at Halifax Dance (Halifaxdanceassoc.ns.ca), says the mainstay of HRM's part-time and adult-education dance providers has seen a lot of trends come and go in its 36 years. It offers classes ranging from belly dancing, ballet and hip hop to jazz, tap dance and flamenco.

"Most recently, there's been a huge popularity in partnering dance such as ballroom," he says. "For years, the big thing was hip hop, but after people being exposed to dance, they've realized that in order to pursue dance, you need technique.

He credits the current surge of popular TV dance shows and says that desire to learn the basics has people flocking to jazz and

Older dancers tend to gravitate toward jazz and

"We have a tap class with a (senior) group that is really vibrant and loyal," he says.

A great resource for would-be dancers is Dance Nova Scotia.

Dancens.ca has a "Find a Dance Class" feature that allows you to plug in where you are and what you want to do, and it will tell you who to contact.

Fancy African dancing? Call Mufaro Chakabuda from the Maritime Centre for African Dance at 225-9267 or try Susan Barratt of Drum Dance at 454-5418. Feel like stepping up your Irish dancing? Beth Greene at the Greene School of Irish Dancing 434-0531.

Plenty of chances to learn a language

JON TATTRIE for Metro Halifax

From Mandarin to Greek,

Halifax is full of opportunities to master another tongue. Odette Merchant. manager in part-time studies at Nova Scotia Community College, says most of their students are preparing for trips abroad.

We certainly have a lot of students who are getting ready to go on vaca-tion and part of the fun of planning their trip would be getting to know the local language and a little bit about the culture of the area they may be travelling she says. A smaller number are businesspeople wanting to gain a competitive edge.

NSCC offers classes in French, Spanish, Japanese, Mandarin and sign language. Most of the classes are offered at levels one or two. Merchant says the classes are "interactive and fun," and the class sizes (under 20 in most courses) mean students have plenty of chances to test out their conjugation.

Most of the instructors speak the language as a primary tongue, with the Spanish teachers tending to come from South America and the Mandarin speakers from China. The courses run for 30 hours, with one three-hour evening class a week for 10 weeks.

"They tend to use lots of ames, talking and music. They are intended to be very interactive and enjoyable," Merchant says.

American Sign Language is a popular course, she says. "It could be someone who's just interested in learning about sign language, or it could be parents or teachers of deaf children who would like to develop those skills," she

Many cultural centres in the city also offer language classes. The Italian Cultural Centre on Agricola Street has been offering a taste of Rome since 1976. It now teaches Italian across the Atlantic provinces. The newly refurbished Halifax centre offers nightly classes at all levels (including children), running from October through mid April. Check it out at iccans.org.

The German Heritage Language School likewise offers German language courses to adults and children, hosting classes Thursday afternoons at the Quinpool Education Center. The school starts with kids aged four and teaches German through play and music, with German folk songs, poems and dramas bringing the language to life. Learn more at germanlanguage-school.ca.

St. Georges Greek Orthodox Church and Community Centre on Purcell's Cove Road offers Greek courses starting in January. The classes are usually populated by spouses marrying into the Greek community, but are open to the general public. Call Liana Karkaveli at 479-0190 for more information

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If you're dealing with a specific issue in your life, such as balancing school with the demands of raising a family, consider asking others to meet informally once a week to share frustrations and methods of coping. SIMPSON.EDU

Creating stained glass

RICHARD WOODBURY for Metro Halifax

Terry Smith-Lamothe discovered his love of stained glass as an exchange student in Europe in the early 70s because of simple eco-

"Cathedrals were always open and free," says the 59-year-old. "I would always walk into these cathedrals in Germany and France and England and just be incredibly fascinated by the stained glass I saw there."

Almost 40 years later, Smith-Lamothe teaches Stained Glass at NSCAD University, an introductory course in the School of Extended Studies.

Students in the course work on two stained glass projects using traditional lead came and copper foil. These are the two methods for creating stained glass. There are also a few de-

sign exercises and colour theory is explained.

"I also give a demonstra-

signs for windows from other sources, for example magazines or books or family photos," says Smith-Lamothe.

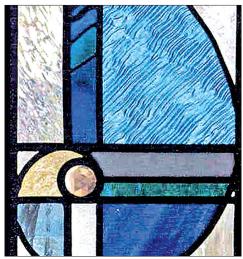
'So you're not tied merely to imitating what you see in other people's stained glass. You can be creative and find your own images of what to work

The class size is limited to 12 students, "any more than 12 and you lose that personal attention," says Smith-Lamothe.

He says the course is a good fit for people interested in colourful and lively art forms. In that way, stained glass is similar to photography.

"You can manipulate the colour," says Smithcolour," says Smith-Lamothe. "You can really be playful with the im-

After 25 years of teaching the course, Smith-Lamothe will not be back when it starts back up in January. The new instruc-



The Fibonacci Shell panel, by Philip Doucette.

tor is a former student who took the course back in 1985.

"I enjoyed it quite a bit, because it was so different from anything else I had done in the arts," says Philip Doucette.

One of the things he learned in the class was that working with stained glass wasn't as difficult or as challenging as he'd been led to believe.

"I found out that not on-

ly was it very easy to work with once you understood the principles of how to deal with it, it produced results you couldn't produce any other way," Doucette.

As the instructor, he plans on instilling in his students a sense of process by having them think about what they're making and the steps they're going to need to accomplish the

E-learning on the rise

ROBYN YOUNG for Metro Canada

Catering to adult learners with jobs, families and little time to spare, online courses in continuing education are growing rapidly across the country.

"They're growing at a much faster rate than our traditional in-class courses," said Colin Simpson, dean of the Centre for Continuous Learning at Toronto's George Brown College. At the school, enrolment in online courses is up about 10 per cent, year after year, and the e-learning milieu is attracting a whole new demographic of students, Simpson said. They're seeing students from ages 18 to 88, many of whom would never have thought of going to college before.

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structor training. The Provincial Instructor Diploma Program is a basic instructor training course for college teachers, university teachers, corporate trainers and second language teachers.

And somewhat new to the course calendar but gaining in popularity is the Online Instruction certifi-

"It's a three-course certificate program and it's very intense," said Eva Murray, department head for the School of Instructor Education at Vancouver Community College.

Online learning creates a unique set of challenges, said Murray, including the need to build a sense of community among the students when there is no face-to-face contact.

Chris Appleton, e-learning specialist with the continuing education department at the University of Calgary, says the popularity of blended courses, where part of the course is on campus and part is online, is skyrocketing.

Students like the convenience of working from home, on their own schedule and not attending classes every week.

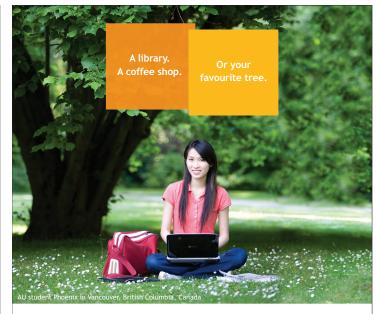
Overall, Appleton said, the university has experienced a 10 per cent growth in registration for online classes in the past year.

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Pizza cooking tips

Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet. THE CANADIAN PRESS

Food

A new "kid-friendly" symbol appears on 12 of the 27 recipes featured in the 2010 Milk Calendar. THE CANADIAN PRESS



Free recipes

View the 2010 Milk Calendar online at MyMilkCalendar.ca. All 27 new recipes (including the Presto Pizza, pictured left) and video cooking demonstrations of the 13 monthly recipes will also be available.



A comeback...

ven though we won't be saying adiós to the first decade of the 21st century for a few weeks, I believe it's never to early to reminisce - especially when so much has changed across the liquor landscape.

Back in the good old days of 2000, wine's wave of popularity was tsunami-sized with Australia hanging 10 and South Africa finally up on its board after some bumpy post-apartheid years. Ten years later both countries are treading water as easy-drinking, cheaper juice from South America floods store shelves.

From South Africa comes Boekenhoutskloof's **Wolftrap 2008** (\$13.95 - \$14.99): A union of two red grapes (syrah and mourvèdre) and one white (viognier) that's packed with soft smoky, meaty aromas and balanced flavours of cherry, chocolate and black

Nugan Estate's 2007 Cookoothama Chardonnay (\$12.99 - \$15.99) is a lightly oaked Aussie white with briaht. tropical fruit and a hint of herbal spice that, like The Wolftrap, would make nice with next month's big holiday feast.

Personal Gourmet recipe of the month

ROSE REISMAN

Diabetes-friendly fare

November is Diabetes Month. There are three million people living with Diabetes Type 2 in Canada and those numbers are risina auickly.

Children and teenagers are also getting this serious disease, due to unhealthy eating and sedentary lifestyles. Did you know that you could prevent or reduce the risk by as much as 60 per cent if you just ate a healthier diet and introduced exercise to your life? It's that easy. Here are some diabetic-

friendly recipes to get you started. It's no longer about cutting out certain foods. but eating them in moderation and balancing them throughout your day.

Rose's lower fat Philadelphia cheese steak

Philly steaks, grilled thin steak topped with loads of cooked vegetables and cheese, are all the rage now in Canada. Naturally they originated in Philadelphia. MAKES 8 HALF SANDWICHES

INGREDIENTS:

- 2 tsp vegetable oil
- 2 cups sliced onions • 2 tsp crushed garlic
- 2 tsp brown sugar
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup sliced red bell pep-
- 1 cup sliced green bell
- pepper • 8 oz grilling steak
- 2 oz grated provolone or
- Gruvère cheese (3/4 cup) 2 Tbsp lower-fat mayon-



Rose's lower fat Philadelphia cheese steak.

- 3 Tbsp lower-fat sour cream
- 2 tsp grated horseradish
- 4 small whole wheat rolls (6-inch)

METHOD:

Preheat oven to 425°F. Line a baking sheet with aluminum foil.

1. In a large non-stick skillet sprayed with vegetable spray, heat the oil then add the onions. Sauté for 8 minutes on medium heat. Add the garlic, brown sugar, salt, pepper and bell pep-Sauté for another 5 minutes. Keep warm.

2. In a hot non-stick grill or skillet sprayed with vegetable spray, cook the steak just until done to your preference. Cool for 5 minutes then slice thinly. Add to the vegetable mixture.

3. Combine the mayonnaise, sour cream and horseradish. Spread thinly over both sides of the rolls. Divide the mixture between 4 rolls, sprinkle with cheese and replace the top half of the bun. Slice in half. Bake for 5 minutes.

Miniature New York-style cheesecakes

These petite cheesecakes are perfect for one serving and leave none to go to waste. They use Splenda not sugar, so they are diabetic-friendly. Feel free to substitute sugar if you wish. They can also be served sooner than a regular sized cheesecake. since they don't need the same amount of time to chill. Always be sure to bake the cheesecakes in a water bath — a pan filled with water — to keep them moist and to prevent them from sinking in the middle. Serve with fresh berries or a fruitbased dessert sauce. I often like to serve these with a drizzle of melted fruit sorbet, such as mango or raspberry. SERVES 12

INGREDIENTS:

- 1 3/4 cups smooth 5% ricotta cheese
- 3 oz lower-fat cream cheese, softened
- 1/2 cup lower-fat sour cream
- •1 large egg
- 1 tsp pure vanilla extract • 2 Tbsp freshly squeezed
- lemon iuice
- 1 tsp lemon zest
- 3 Tbsp all-purpose flour
- 2/3 cup Splenda

Garnish

- Berries
- Icing sugar

METHOD:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper muffin liners.

1. In a food processor, combine both cheeses, the sour cream, egg, vanilla, lemon juice, lemon zest, flour and Splenda



Personal Gourmet, and new website, The Art of Living Well. Visit Rose at

process until smooth and creamy. Divide the mixture among the prepared muffin

2. Set the muffin tin in a larger pan or baking sheet with sides. Pour enough hot water into the pan to come one-third to halfway up the sides of the muffin cups.

3. Bake in the centre of the oven for 20 minutes.

4. Remove the muffin tin from its water bath. Let the tin cool on a wire rack. Chill for one hour. Garnish with berries and icing sugar.





Health & Beauty

EDITOR: IENNIEER PRITTIE METRONEWS CA

Pick a pretty palette

How to choose from among myriad options

JANINE FALCON for Metro Canada

Few of us girls can resist the lure of a little box full of pretty squares of colourful cosmetics, especially because they're priced so well. But when faced with the dazzling array of multi-hued makeup kits in stores today, how do you choose? Here are five key tips:

Buy for love

If among the glittering sea of choices one calls to you loudly, you have your palette answer. Whether it's because the kit is too darned cute, like Tsumori Chisato for Shu Uemura's Planet Cat Palette; killer in its colour range, like CAR-GO's Hands of Hope; or made by your go-to brand; snap up your favourite and don't look back.

Consider what you need

If you have a mascara you swear by, or already have great makeup brushes, you don't need a kit that includes them. If you're all about eyes or lips, targeted palettes such as Pupa's Diamond Palette or YSL's glam Your Lovely Palette Duo Lip Colour are all about you. If you're a traveller, look for a compact choice that has everything you need for a



such as Benefit's Celebutante makeup kit, or mark.'s Super Flip Color Kit of shadows, lipstick and gloss.

Colour yourself happy

Are you a neutrals girl or mad about colour? Do you want to keep things simple by focussing on eye colour, or choose your own make-up playground? Choices abound from Almay, Physicians Formula and Cover-Girl when it comes to amping up your eye hue, and Mary Kay Cosmetics offers the chance to create a personal choice with a Compact Pro palette.

Try something new

One of the best things about makeup kits this time of year is the chance to try a new brand at a fraction of what it would cost to buy all those shadow/blush/gloss shades separately. Look to beauty

meccas such as Sephora and Murale for tons of options from a range of companies, large and small.

Surprise your budget

Palette size doesn't always equal budget size! Look to Quo Cosmetics for covetable kits to suit a range of wallets, and Zellers now carries E.L.F., a super-affordable line that includes Beauty Encyclopedia kits of eye shadow or lip colour.

You can make budget feel vour good with a gives-back purchase, too — anything from the Smashbox Wish collection sends \$1 to the Children's Miracle Network, and the M.A.C. Viva Glam Lip Kit donates every bit of the price to the M.A.C AIDS Fund.

Of course these tips apply when it comes to giving palettes as gifts. They work as hints, too, if you're hoping to receive one.

M.A.C. Viva Glam Miracles Happen Lip Kit, \$27, M.A.C. stores and maccosmetics.com.



Blockbuster To Go,

\$20. Sephora.



E.L.F. Lips

Beauty Encyclopedia, \$10.99, Zellers.



QuoTreasureBox,

\$35, Shoppers

Drug Mart.

Tsumori Chisato for Shu Uemura, \$85, Holt Renfrew.



mark. Super Flip

Color Kit, \$22,

avon.ca.



Pupa Blue Queen Diamond Palette, \$29, at select drugstores and spas, 1-800-363-7284.





health & beauty 23

A fitting fragrance

Scent expert Marian Bendeth connects perfume with a wearer's personality

JANINE FALCON

When choosing perfume for yourself or as a gift for someone else, knowing your subject is key, says global fragrance expert Marian Bendeth, owner of Sixth Scents.

Bendeth specializes in creating signature fra-grance wardrobes by matching personalities to perfumes, an approach her experience has shown also corresponds to body chemistry. Nifty, yes? Here's her take on seven scents worth giving:

- Chloé Intense, the most sensual of the Chloé scent range, is a floral oriental fragrance of rose, pink pepper and sandalwood. Bendeth pegs this for "a warm-hearted woman, worldly yet maternal, with a sunny nature and down-to-earth values." 50 ml, \$90 at drug and department stores as well as Murale.
- Eau Mega from designers Viktor & Rolf is a fresh green floral, with violet leaf, basil and pear, as well as invigorating lemon and aquatic notes. Bendeth profiles this wearer as understated and relaxed, yet detail-oriented and thor-

ough. 50 ml, \$90 at The

- Féerie by Van Cleef & Arpels is a fanciful floral woody scent that beckons with violet, blackcurrant, Bulgarian rose and Egyptian jasmine. Bendeth characterizes this personality as exciting, highly creative and larger than life. "Constantly busy, she creates her own magic - she's a woman a man has to keep up with," she says. 50 ml, \$145 at Murale, The Bay and Holt Renfrew.
- Idole d'Armani is a sparkling floral with a hint of spice, sophisticated and glamorous, without being

greens

"The overpowering. woman who wears this is self-assured and intuitive, says Bendeth. "She's a multi-tasker who loves to delegate and knows how to get things done." 30 ml, \$60 at department stores.

• Idylle is an ultra-feminine floral by Guerlain, lush with rose, lily of the valley, peony, freesia, jasmine and lilac. Youthful and chic, it's a delightfully romantic fragrance (read: perfect for weddings) for "savvy sophisticate who seeks out quality at every turn," notes Ben-deth. 35 ml, \$82 at Guerlain boutiques and department stores.



From left, Chloé Intense, Eau Mega by Viktor & Rolf and Féerie by Van Cleef & Arpels.





The Best Halifax has to Offer

Metro News and 96.5 Kool FM want YOU to weigh in on the city's coolest places to eat, party, shop - you name it!

Go to metronews.ca or kool965fm.ca to register your choice for this month's category:

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One lucky player will win a prize pack valued at over \$100!



96.5 FM

Vitamin D





Packed with polyphenois and antioxidants from blueberries • Contains 1000 mg of organic, concentrated blueberry powder • Super High ORAC content • Slows aging Improves brain function . Protects vision

Packed with polyphenois and antitoxidants from cranberries • Contains 750 mg of Cran-MaxTM cranberry extract • Cranberries relieves symptoms of urinary tract infections (UTIs) • Cranberries prevent recurrence of UTIs and bladder irritations

Loaded with chlorophyll-rich, dark green superfoods • Alkaline-forming • Provides the ideal pH balance needed for optimal nutrient assimilation • Improves bone mineral absorption . Boosts immunity . Supports gentle, daily internal cleansing

Morning Rise & Shine 252 g

Hydrates & alkalinizes • Improves energy & physical mobility • Normalizes appetite & supports weight loss • Boosts brain & memory function • Supports daily liver cleansing & detoxification • Aids digestion, assimilation & elimination

Top 10 Reasons Scientists Tell Us to Take Vitamin D Everyday

- 1. Prevents colds and flu
- 2. Modulates immunity & decreases autoimmune diseases
- 3. Normalizes insulin secretion
- 4. Regulates blood pressure
- 5. Prevents osteoporosis, strengthens bones & promotes bone mineralization
- 6. Relieves muscle weakness & pain
- 7. Prevents degenerative diseases
- 8. Combats depression and SAD
- 9. Supports normal functioning of the nervous system
- 10. Promotes healthy hormone function



For more information contact us Toll Free at 1 800 931-4247 or visit our website www.PrairieNaturals.ca

24

Joshua Jackson will head up the cast of the Robert Evans-produced film adaptation of the TV show UFO. Jackson will play Paul Foster, a test pilot who joins a secret organization based beneath a film studio and dedicated to fighting aliens. EMPIRE ONLINE.COM

Acting honour Entertainment Rachel Weisz took top acting honnized for a half-century in the th atre Monday at London's Evening Standard Theatre Awards. THE ASSOCIATED PRESS

today

The king of comedy

Director Judd Apatow gets personal with Funny People

PHIL BROWN for Metro Canada

Whether examining 40vear-old virgins, high school freaks and geeks. or neurotic comedians, writer/director Judd Apatow has proven himself to be a rare commodity in Hollywood: A comedy auteur with a personal vision that translates into box office success.

Over the last few years, Apatow has climbed to the peak of Hollywood comedy with films like Knocked Up that are as touchingly honest as they are gut-bustingly

He has seduced audiences with his patented combination of dirty jokes and personal confession and Apalatest movie just might be his most personal project yet.
"I always wanted to do a

movie about comedy because there are almost no movies about what it's like to be a comedian that work well," Apatow told Metro. This desire led to Funny People starring Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy superstar played by Adam Sandler.

It's a very personal story derived from Apatow's early years as a standup and his longtime friendship with Sandler.

Apatow has been plan-

ning the project for years and the director quips that it may have run his tank dry: "I like making

movies where I re-**Funny** veal myself and People is share my life experience, but I on DVD may be out of life experience at this point. So, the next movie might be about an Eskimo. That might be all I've got."

As with all of the director's work, Funny People comes to DVD with an extended cut of the movie along with hours of deleted scenes and outtakes.

"I always tell the studio if they let me overshoot, there will be great stuff for the DVD," admits Apatow, who enjoys sharing extra material with home audiences. "You don't want to ruin the

movie, but it is a different experience at home. You can pause when you have to go to the bathroom and don't mind that it goes a little bit longer.

With the bladderbusting constraints of the theater gone on DVD, audiences will get a chance to see even more of Apatow and his talented band of comic actors at work.

Recently Apatow has seen his stable of comedic actors like Seth Rogen, Paul Rudd, and Jason Segal become huge stars and while he en-



Judd Apatow's latest movie Funny People — now on DVD — stars Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy star played by Adam Sandler.

iovs their success, he admits that their collective fame might put an end to the ensemble

"People grow up and

want to do other things. admits the director. "But I hope that periodically we'll all get the chance to keep working together.'

Jackson hitches ride on UFO

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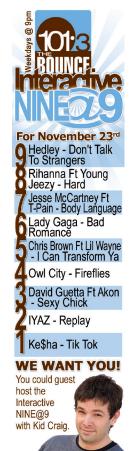
critics'corner_

Inherit the Wind
Courtroom titans clash over
evolutionary theory in this stillgripping 1960 retelling of the
Scopes "Monkey" Trial of 1925,
as adapted from the hit play.
Spencer Tracy gives an Oscarnominated performance as the
defense attorney (his stirripn defense attorney (his stirring final summation to the jury was filmed in a single take); Fredric March portrays the prosecutor. Gene Kelly also stars as a jour-nalist. 10 PM on V



The Good Wife Alicia (Julianna Margulies) must Alicia (Julianna Margulies) must navigate carefully through the minefield of office politics when she's assigned to represent a partner in the firm on a charge of driving under the influence. Meanwhile, she starts to ques-tion whether Peter (Chris Noth) is guilty of corruption. Archie Panjabi and Josh Charles also star in this new episode. 8 PM on CIHF; 11 PM on CBS

Being Erica
The therapist is the one getting the life lesson in this new episode. Erica (Erin Karpluk) asks Dr. Tom (Michael Riley) to help Kai (Sebastian Pigott), and the doctor's anger gets the better of him, sending him back to the last time he saw his daughter. The time trip teaches him that relationships change, and you can't force them not to, in "Papa Can You Hear Me?" 9 PM on CBC



aig@1013thebounce.com 1013 THEBOUNCE.com

Guitar rehabilitation

Songwriter Bragg appears on film for latest social cause

GRAHAM ROCKINGHAM for Metro Canada

Just a few weeks ago, Billy Bragg got together with Mick Jones and Topper Headon of the Clash to record an old song. It was an historic occasion, the first time Headon and Jones had been in a studio together in 27 years.

Things hadn't been going well for Headon the last time in 1982. He was addicted to heroin and tossed out of the band.

Headon was looking good this time around, though. Just being in the presence of these two Clash alumni made Bragg glow. A 1978 Clash concert is what had inspired a 17-year-old Bragg to become a songwriter. He's since become somewhat of an institution himself among Britain's leftwing punk intelligentsia.

The song these three aging rockers chose to record was Jail Guitar Doors, a very early Clash single, written about Wayne Kramer, notorious lead singer for the MCS. Like Headon, Kramer fell victim to his addictions and did prison time for selling drugs.

The session was being filmed for a documentary called Breaking Rocks about Bragg's latest social cause — prison reform. Bragg figures prison inmates can be rehabilitated by giving them something creative to do, like playing a guitar.

So he's formed a charity with the goal of placing five or six donated guitars in every jail in Britain. The charity is called Jail Guitar Doors, just like The Clash song about

"I just took delivery of 24 guitars last week which are now sitting in my hallway waiting to go out... Each one of them is spray-painted with a Jail Guitar Doors slogan." Songwriter Billy Bragq

Wayne Kramer.

In the last two years, Bragg has distributed more than 300 guitars to British jails.

"I just took delivery of 24 guitars last week which are now sitting in my hallway waiting to go out," Bragg says from his home in southern England. "I get 'em 24 at a time. Each one of them is spray-painted with a Jail Guitar Doors slogan."

The guitars seem to be working. Bragg gets fan mail from inmates telling him how much a difference they have made. He stays in touch. Two members of the band that backed Headon, Jones and Bragg on the recording session were graduates of the Jail Guitar

Doors.
Bragg hopes
to spread the
idea to North
America.

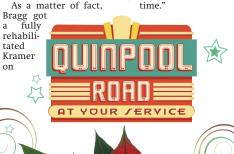
While on tour, he's been asked to meet with musicians in Alberta and Toronto about setting up local chapters.

Bragg already has Wayne Kramer — yes, that same Wayne Kramer from MC5 — on side in Califor-

stage with him and Jones at the Oct. 1 premiere of the Breaking Rocks documentary. The three performed Jail Guitar Doors, of course.

of course.

"We did Kick Out the Jams as well," Bragg beams. "Yeah, it was great. We had the best





Jail Guitar Doors is a charity that was formed by musician Billy Bragg to help inmates reform by learning to play guitar.

Nate Giorgio recalls the last time he saw Michael Jackson, just days before the singer's death.

The pop icon wanted Giorgio to create dazzling murals of his children as well as artwork for his This Is It concerts, and Giorgio got out his pen during their talks.

"I was doing little
drawings on
the spot of
him, and he
loved it," says
Giorgio of his
black-andwhite sketches. "He was
great, he was
really excited."

ed."

Those never-before seen sketches, as well as other



The Official Michael Jackson OPUS is to be released Dec. 7.

rare artwork and photos of Jackson, are now part of a lavish new leather-bound book, The Official Michael Jackson OPUS, out Dec. 7.

The book, the only publication officially sanctioned by Jackson's estate, not only contains unseen images of perhaps the world's most famous face, it also has essays about the superstar written by friends and those who worked with Jackson over the years, from Motown founder Berry Gordy and Paula Abdul to John Landis and David Blaine.

THE ASSOCIATED PRESS

DVD picks

Angels & Demons

Director: Ron Howard

IT'S A FUNNY thing about Dan Brown's books. They make great beach reads, but transformed to the screen, at least under the direction of the utterly vanilla Ron Howard, they come across as almost laughable.

The best that can be said about Angels & Demons is that it's more of a conventional thriller and less talky than its predecessor The Da Vinci Code, and that Tom Hanks is no longer getting his hair cut at Fort Apache.

Apache. Harvard symbologist Robert Langdon (Hanks), first seen in

Da Vinci (although technically this one is the prequel), is the butter knife of action blades. He's a man so bland and nerdy, not even Tom Hanks's acting prowess can enliven him.

Angels & Demons concerns a plot to blow up St. Peter's Basilica hatched by a secret society of outlawed Catholic fanatics called the Illuminati, who harbour a 200-year-old grudge.

Their weapon is a battery-powered anti-matter canister. Illuminati are also threatening to kill four top cardinals, one per hour, leading up to midnight. Oh, and there's a papal conclave going on, since the Pope just died, in less than providential circumstances.

An eyeball-rolling prologue sets up the film's science vs. religion subtext in the midst of an eyeballgouging murder.

Four Christmases

Director: Seth Gordon

December 4th

spingunder the stars

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WHAT A DIFFERENCE a year and a screen make.

Vince Vaughan, Reese Witherspoon and their stunt-casted cohorts were almost too cheesy to bear this time 12 months ago, when this holiday hokum hit the bijou.

Viewing it again on the small screen, it plays more as the low-expectations laugher it was intended to be. That's probably because the film's episodic nature is perfect for the "pause" but-

ton, when you want to go the fridge or the john.

Vaughan is Brad and Witherspoon is Kate, and

is kate, allularithey're a San Francisco version of what used to be called Yuppies. They're madly in love but not married, childless by choice and willing to lie like cheap rugs to get out of attending a family Christmas ("You can't make 'families' without 'lies," Brad argues).

When bad weather and

bad luck closes their Yule escape hatch, Brad and Kate are obliged to attend all four events hosted by their estranged parents. Hilarity occasionally ensues, thanks to over-the-top performances by the likes of Sissy Spacek, Robert Duval, Jon Favreau, Dwight Yoakam and Mary Steenburgen.

The real casting coup for director Seth Gordon (The King of Kong) is pairing odd couple Vaughn and Witherspoon, a salt-and-sugar combo that makes for great seasoning.

Peter Howell/for Metro Canada



Jennifer Lopez took a spill during her performance at Sunday's 2009 American Music Awards. While performing her new song Louboutins, she climbed a stair of dancers and jumped off — landing on her butt instead of her feet. POPEATER.COM

Celebrity Buzz

Lambert blasts his AMA critics

Lambert is making no apologies for his racy performance during Sunday's American Music Awards, usmagazine.com reports.

While closing the show with his new single For Your Entertainment, the American Idol alum, 27, simulated fellatio with a male dancer, kissed straight male keyboardist Tommy Ratliff, grabbed his crotch and flipped off the crowd.

(According to Rolling Stone, Lambert didn't clear

one in advance; he told CNN the smooch happened "in the moment.")

performance was edited for the west coast feed of the awards show.

"You know honestly, I



some people... it's apples and or-

anges. I'm artist that does things for every sinperson," he told Access Hollywood. lieve in artistic

dom and expression, I believe in honoring the lyrics of a song, and those lyrics aren't really for everybody either."

He also said he considered editing his performance "discrimination."

"There's a big double standard, female pop female standard, female pop artists have been doing things provocative like that for years, and the fact that I'm a male, and I'll be edited and discriminated against could be a problem," he explained.

Are Brangelina adding to their family brood?

THE BRANGIE BUNCH Rumors have been circulating that Brad Pitt and Angelina Jolie are planning to expand their family with another adoption, possibly from Syria or Jordan. Now the famous parents are only helping fuel speculation.

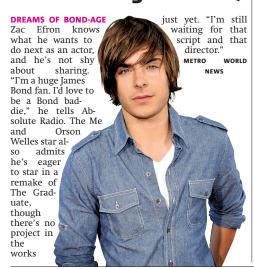
The pair hit the Los Angeles Museum of Contemporary Art last week. where METRO NEWS SERVICES | Jolie said,

"I'm always thinking about it. I would love to," when asked about adopting another child, according to Hello magazine. Brad even chimed in, adding, "Yeah, you never know."

J.'Low' hits the ground at AMAs



Efron sets sights on 007



Winehouse set to remarry exhusband?

BACK TO BLAKE Amy Winehouse and Blake Fielder-Civil are reportedly planning on tying the knot again in three months. Winehouse stepped out Friday wearing what looked like an engagement ring, and now Fielder-Civil is spilling the beans about the plans, according to News of the World.

"We both know we've only ever dibeen vorced he paper," told a pal. METRO WORLD

Miley's birthday a blast from the past

PARTY IN THE U.S.A. Miley ty, us reportedly dressed as Julia Cyrus turned 17 yesterday, and she reportedly cele-Roberts' charbrated last week with a surprise '80s-themed party acter from Pretty at New York City's Canal Woman. Room that featured a performance by the cast of METRO the Broadway show Rock of Ages and an WORLD NEWS elaborate cake designed by Buddy Valastro, the star of TLC's Cake Boss, according to People magazine. "They didn't want a girly girl cake," Valastro tells the magazine. For the par-

'No furniture' for Allen's new digs

EMPTY NEST Though newly minted American Idol winner Kris Allen is basking in the joy of releasing his self-titled debut, there is one thing missing in his life, people.com reports.

"Furniture," the singer, who just moved into a new home in Los Angeles with wife Katy, told People at American Music

Awards on



Mayer decries dating woes

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YOU SHOULD HEAR HOW THE WOMEN DESCRIBE IT John Mayer admits that all the attention he's gotten from the media since he's become a successful musician has made dating more

"It's crazy to me that in my head, that being 32 and dating women is going to get me in trouble," he

tells the New York Times can't even explain to how you terrible

that feels, that I equate dating a woman with punishment, shame, guilt, disappointment, reproach, reprimand, persecution.

'It's a nightmare.' METRO WORLD NEWS

Celebrity tweets

Demi Moore is sick of all the talk about her W cover photo, John McCain is gearing up for battle, and Kirstie Alley will be with you in a moment.

@mrskutcher U know

what is obscene is U judging what is my actual shape!

 @SenJohnMcCain getting ready to vote on the "health care reform bill" at 8pm. D's have the votes but the fight as just begun.

@kirstiealley Just pulled up to starbucks. So sorry. Please hold on.

METRO WORLD NEWS



MJ doctor back to work

SHORT WAIT TIMES Conrad Murray, the doctor who was administering to Michael Jackson at the time of the singer's death, is back at work, his lawyer tells TMZ. Murray resumed operations yesterday at the Armstrong Medical Clinic in Houston, which he hasn't worked out of since it was searched by police on July 22. Murray is also dealing with the fallout of a recent court dispute with his ex-

wife in which a judge ordered that he'll go to jail if he doesn't pay the \$1,000 in child support he owes, according to the Web site. METRO WORLD





Wednesday Rain 110 / 60

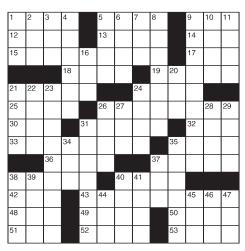


TAKE THE WEATHER WITH YOU The Weather Network

entertainment 27

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		9	8			4		
	8		2			6		9
	4		9		7		5	
		4		9	2	1		
2	6						9	8
		3	1	6		2		
	2		6		3		8	
5		6			4		2	
		8			9	7		6

1 Apartment

5 Uppercase letters 9 Skirt edge 12 Soda pop favorite 13 Chills and fever 14 Eggs 15 Small storage space 17 Morsel 18 Monarch 19 Black fur 21 Frequently 24 Grant of Hollywood 25 Heavy cart 26 Just looking 30 Brylcreem quantity 31 Rosary components 32 Vast expanse 33 Writ to appear in court 35 Celebrity 36 Part of MYOB

37 Failing the

white-glove test

38 Bygone AMC

On the web

40 Complain repeatedly 42 Greek H 43 Hair holders 48 Kitchen item 49 Hershiser of baseball fame 50 Appearance 51 Type squares 52 — a soul (nobody) 53 Å deadly sin

1 Radio watchdog org. 2 "Skip to my ---3 Priestly vestment 4 Q's neighbor, to a typist 5 Songwriter Sammy 6 Enthusiastic, 7 Afghani coin 8 Teeter-totters 9 Collectors, often 10 Satan's specialty 11 Partner 16 Yang counter-

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

20 "— Poetica" 21 Tote-board info 22 Herr's spouse 23 Toms companions 24 Last several notes 26 Tailgate party essential 27 Skedaddled 28 Spruced up 29 Oldman or Sinise 31 Kentucky potable 34 "The Raven" writer 35 Limber

37 Parched 38 Cartoon skunk Le Pew 39 Tiny bit 40 Trucker with a

radio 41 With skill 44 "... man mouse?"

45 Charged particle 46 Thanksgiving

4 7 1

3 5 8

1 9 4

5 6 2

2 3 5

8 3

WE ALL GET THE HOLIDAY
BLUES TOM, BUT STUFFING
YOURSELF WON'T HELP.

6

6 5 8

3 4 2 8 1 7 5 9

8 9 6

5 9 4 6

7 3

time (Abbr.) 47 Firmament

6 2 9 3 5 7

9 1 4

7 3 2

8 4 9

4 7 1

Metro Recipe of the Day



Chunky Vegetable **Fricasse**

INGREDIENTS: 1 1/2-lb (750 g) bag prepared fresh or frozen mixed vegetables 1/4 lb (125 g) mature cheddar cheese, grated 1 cup (125 ml) sour cream 2 eggs, beaten 4 bread sticks, crushed 2 tbsp (25 ml) chopped hazelnuts

1. Preheat oven to 425 F (220 C). Add vegetables to pot of boiling water, bring back to boil and cook 3 minutes or until just tender (or use steamer if you prefer) Drain

2. Reserve 2 tbsp (25 ml) cheese for topping and stir

remainder into sour cream. Mix in eggs. Season to taste with ground black pepper. Mix in cooked vegetables, then transfer to warm, greased, shallow ovenproof dish.

3. Mix bread sticks with reserved grated cheese and chopped nuts, then scatter over vegetables.

4. Bake on top shelf of oven 12-15 minutes or until golden and slightly puffed.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

Your confidence is on the rise, but it will rise even more if you resolve not to get anxious about developments on the work front

SEPT 23-OCT 23

Your mind is having to deal with so many issues at the mo-ment that it's no wonder you feel a bit confused.

TAURUS

APRIL 21-MAY 21 A parting of the ways may be necessary today, but don't get too emotional about it because it is only a temporary split.

SCORPIO

OCT 24-NOV 22 Something you have been planning is going to cost more than you expected but you won't know how much more until the turn of the month.

GEMINI

MAY 22-JUNE 21 You may be tempted to take things easy, especially if you have been pushing yourself hard. You are advised to keep the momentum going a bit longer.

SAGITTARIUS NOV 23-DEC 21

The Sun in your sign links with Saturn, planet of limitation, to-day. If you understand that you need a bit more discipline it could be a very good thing.

CANCER

JUNE 22-JULY 22
New tasks and responsibilities may be eating into your time and making it harder to enjoy yourself but that's not necessarily a bad thing.

CAPRICORN

You seem rather unsure of yourself at the moment, especially on the work front where you are beginning to have doubts.

LEO JULY 23-AUG 23

There is a great deal of excitement in the air at the moment and you can sense that life is going to be a lot more fun over the next few weeks

AQUARIUS JAN 21-FEB 18

Others are pressing you to commit yourself to something you are not entirely sure is what you want to be doing.

VIRGO AUG 24-SEPT 22

Today your feelings are likely to be more intense than usual, so be on your guard and make sure you don't make any silly promises or proposals.

PISCES

The Sun aspects Saturn today and you could hardly ask for a better set-up. You will be challenged but the bigger the challenge the more you will enjoy it.

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TAKE A BREAK FROM WORK

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This day in history

1859: Charles Darwin publishes On the Origin of

1963: Lee Harvey Oswald is fatally shot by Jack Ruby in the basement of Dallas police department headquarters. The shooting is broadcast live on television.

1966: New York City experiences the smoggiest day in

the city's history. **1974:** Donald Johanson and Tom Gray discover the complete Australopithecus afarensis skeleton, nicknamed "Lucy" after The Beatles song Lucy in the Sky with Diamonds, in the Awash Valley of Ethiopia's Afar Depression. METRO NEWS SERVICES



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\$699

Cayo Coco/ Cayo Guillermo

Iberostar Daiguiri • 4 ★ All-Inclusive • Standard rm. Feb. 13, 20 & Mar. 6 • 1 wk.

\$1029

Los Cabos via Toronto

Barceló Los Cabos Palace Deluxe • 5 ★ All-Inclusive • Junior suite Jan. 9-30 • 1 wk.

Puerto Plata

Bahia Principe San Juan • 4★ All-Inclusive • Standard rm. \$**9**99 Feb. 24 & Mar. 3 • 1 wk.

Holguin

Sirenis Playa Turquesa • 4 ★ All-Inclusive • Superior rm. Feb. 13, 20, Mar. 6 • 1 wk. \$1 \$1099

Jamaica

Sunset Jamaica Grande Resort & Spa • 4★ All-Inclusive • Oceanview rm.

Feb. 8 • 1 wk.

Samana

Gran Bahia Principe Cayacoa • 4★ All-Inclusive • Standard rm. Feb. 11 & 18 • 1 wk.

Turks & Caicos via Ottawa

Comfort Suites • 2 1/2 ★ Continental breakfast Junior suite - Run of the house \$1249 Dec. 21 & 28 • 1 wk.

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Feb. 8 & 22 • 1 wk.

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\$5**4**7

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